

Recipe

# STIRRED MEDITERRANEAN VEGETABLES



# STIRRED MEDITERRANEAN VEGETABLES

Recipe: **TEFAL ACTIFRY GENIUS**

## INGREDIENTS

2 zucchini  
250 g mushrooms  
1 eggplant  
1 red pepper  
1 green pepper  
13 cl white wine  
3 ActiFry spoonfuls olive oil  
3 cloves of garlic  
Salt, pepper



ISSUE

sisterMAG46



TIME

30 Minutes



SERVING

6 People

### STEP 1

Cut the aubergines into halved slices, about 0.5 cm thick. Let them drain for 15-30 minutes.

### STEP 2

Slice the zucchini. Cut the mushrooms into 2 or 4 pieces, depending on their size. Remove the seeds from the pepper and cut it into strips, which you then chop into small pieces. Chop the garlic. Rinse the aubergine pieces. Put them in the pan together with the garlic. Place the mushrooms in the pan on the handle side. Add the zucchini and pepper pieces on the other side, towards the back of the pan. Sprinkle the vegetables with wine and season to taste. Drizzle the oil over the pepper.

### STEP 3

Follow the cooking time. Mode 7 – Wok, duration: 30 minutes

### STEP 4

Follow the cooking time. Mode 7 – Wok, duration: 30 minutes