



Baked Vegetable Medallions

Difficulty: Easy

Servings: 3 – 4

Preparation Time: 50 mins

Cooking Time: 20 mins

Ingredients

20ml Cooking Oil	1 Yellow Zucchini
40g Garlic	To Taste Salt
50g White Onion	To Taste White Pepper
60g Red Capsicum	To Taste White Sugar
600ml Canned Tomatoes	To Taste Black Pepper
3 Pieces Bay Leaves	To Garnish Chopped Parsley
1 Eggplant	To Garnish Olive Oil
1 Green Zucchini	

Methods

1. Chop white onion and garlic separately using your Hand Blender.



2. Blend canned tomatoes into paste using your Hand Blender. Deseed and chop red capsicums into chunks.



3. Add oil, bay leaves, chopped garlic and onions in a pot. Fry for 3 to 5 minutes, until fragrant and soft.



4. Add red capsicums chunks and cook for 2 to 3 minutes. Add blended tomatoes and let the mixture simmer until it bubbles lightly, for about 3 to 5 minutes. Remove bay leaves after.



5. Using your Hand Blender, blend the mixture while simmering. Let it cook for another 5 to 8 minutes to reduce it to a thick sauce consistency. Season with salt, white pepper and white sugar.



6. Slice green zucchini, yellow zucchini and eggplant into 0.2cm thickness using your Mandoline Slicer.



7. Preheat your Oven to 180° C, using **4D Hot Air mode**.



8. Fill 1/3 of a shallow baking tray with tomato mixture. Line the vegetable slices in a spiral pattern on top of the mixture. Top it off with black pepper and cover the dish with aluminum foil.



9. Bake on the middle rack for 40 to 45 minutes. Remove aluminum foil and shift the dish to the top rack in your Oven. Continue baking at **Grill mode** for 1 to 2 minutes.



10. Drizzle with olive oil and garnish with chopped parsley. Serve and enjoy.

