

OUR RECIPE



Hampshire
County Council

Education Catering

Vegetable Bake

Serves 4

INGREDIENTS

- 1 400g tin Heinz cream of tomato with a kick of chilli soup
- 50g olive oil
- 1 clove of garlic
- 50g parmesan cheese
- 100g mozzarella cheese
- 1 aubergine
- 1 diced courgette
- 1 diced red pepper
- 1 chopped onion
- 50g fresh basil



METHOD

1. Pre-heat the oven to 180°C or gas mark 5.
2. Add 1 tablespoon of oil, courgette, red pepper, onion and garlic to a frying pan and fry until soft. Add Heinz soup to the vegetables and stir. Remove the pan from the heat and set to one side.
3. Pre-heat a grilling pan. Slice the aubergine lengthways into 15mm slices and drizzle with the remaining oil. Grill on both sides until soft and golden.
5. Spoon a third of the vegetable soup mix into a large oven proof dish. Add a layer of grilled aubergine, then a layer of basil leaves and a layer of mozzarella. Sprinkle with 10g of grated parmesan cheese. Repeat the process twice more using 20g of parmesan cheese on the top layer.
7. Place in the oven and cook for 15 minutes. Serve immediately

Serving suggestion: To create a golden crispy top, use the oven grill to finish. Keep a close eye on it so it doesn't catch.

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RECIPE