



COOK WITH US!

Le Meraviglie - Veggie Flans with spicy lemon-scented sauce with sesame

Let yourselves be conquered by their sweet and light taste. The spicy sauce enhances the incredible taste of our veggie flans

INGREDIENTS

12 Orogel Le Meraviglie - Veggie Flans

250 g plain yoghurt

half lemon

a pinch of fresh chilli pepper

2 tablespoons sesame seeds

chives

extra virgin olive oil

200 g of curly endive and baby spinach

100 g white grapes

100 g pomegranate seeds

extra virgin olive oil and salt to season



30



4



Easy



Main Courses



Pan

Method

1

Wash the sesame seeds, drain them carefully in a fine mesh strainer, then spread them on an oven pan. Toast them in a hot oven at 160°C for 10-15 minutes: at the end, they must be dry and slightly toasted.

2

Leave them to cool and crush them until finely ground.

3

Chop the chilli pepper, put it into a bowl with two tablespoons of olive oil and a handful of chopped chives. Add the crushed sesame seeds, the yoghurt, the juice of half lemon and a little grated lemon zest. Stir and let it rest for 5 minutes.

4

Put Le Meraviglie - Veggie Flans in an oven pan lined with baking paper. Cook for 5-6 minutes and turn them halfway through the cooking.

5

Mix the curly endive with baby spinach leaves, grapes cut into halves and the pomegranate seeds. Season to taste with oil and salt.

6

Serve Le Meraviglie - Veggie Flans with the sauce and some salad on the sides.

