

VEGETABLE PUDDING



Ingredients for 4 people:

- 450gr of vegetables: spinach, carrots, green beans and red peppers (* You can use the vegetables you have, except lettuces and cabbages that are slightly bitter)
- 200 ml cream
- 5 eggs
- 1 tin sweet corn
- Salt, oregano, pepper and extra olive oil

Elaboration:

1

Clean the beans, chop them and cook in salted water for 5min; drain them. Clean the carrot and the pepper. Wash and sauté for 5 min in oil. Clean and wash the spinach add them with the beans and drained corn.

2

You can put salt and oregano, stir and cook 3 minutes more. Crack the eggs into a bowl and beat them with the cream. Season with salt and pepper, add the drained vegetables and stir to integrate. Pour the mixture into a long nonstick mold.

3

Bake the pudding in a bain-marie in the preheated oven at 180° about 50-60 min, until when you stick it with a toothpick, it comes out clean; if not, leave it for a few more minutes. Remove it, wait for temper it and unmold it.

Ready to enjoy!!!

**Thank you,
Nutrition and Cooking Team**

