



Mix veggie pan

Ingredients

- 2 pieces Eggplants
- 2 pieces Onions, finely chopped
- 1 Medium Zucchini
- 1 Medium Green bell pepper
- 1 Medium Tomato
- 1 Clove Garlic
- 0.5 cup Olive oil
- 2 cubes MAGGI® Vegetable Bouillon
- 1 pinch salt
- 1 pinch Ground Black Pepper
- 2 tbsp Tomato Paste
- 6 pieces Arabic bread

Instruction

1. Cut all the vegetables into ½ cm slices.
2. In a deep frying pan, add olive oil and arrange the vegetables in layers (starting with the onion, then garlic, tomato and zucchini, then pepper and eggplant) Add salt and black pepper.
3. Cover the pan, then place it on medium heat and leave it until it begins to dry up and the excess water evaporates.
4. In a side bowl, add a little olive oil and tomato paste and sauté a little. Add 2 cubes of Maggi vegetable Bouillon® and two cups of water and bring to a boil.
5. Pour half the amount of broth over the vegetable bowl and leave it until the water dries up and we hear the sound of vegetables frying.
6. Pour the remainder of the broth over the vegetables and leave on low heat for 10 minutes.
7. Serve with white rice on the side.

Nutrition

Carbohydrates	100.57 g
Energy	753.34 kcal
Fats	35.38 g
Protein	18.03 g

35 Minutes

4