



RECIPE FOR

SUMMER VEGETABLE TIAN

4 people | 1¼ HOURS | LEVEL



PREPARATION

- Preheat the oven to 180°C.
- Peel the garlic and onion. Slice the onion, courgettes, tomatoes and aubergine into rounds.
- Rub an ovenproof dish with the clove of garlic and arrange the vegetable rounds inside, alternating and overlapping them.
- Season with salt and pepper. Drizzle with the olive oil and sprinkle with thyme.
- Bake for 1 hour.
- Serve with chicken skewers or fish.

Shopping list

INGREDIENTS

500 g tomatoes
2 courgettes
1 aubergine
50 ml olive oil
1 clove garlic
1 onion
Thyme
Pepper
Salt

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