

Grilled vegetables with a mint dressing

Verdure grigliate con dressing alla menta

Rocco Cartia .For about 2 people:

1 Eggplant
1 Zucchini
100 g Mushrooms
10 g Mint
10 g Garlic
5 g Red Wine vinegar
25 g Olive oil
1 chilli
Salt

Finely chop Garlic, Mint and Chilli.

Move those ingredients in a cup and add the Red Wine vinegar, salt, chilli, mix very well, then add Olive oil.

Slice Eggplant and Zucchini at almost 1 cm of thickness.

Wash with a wet cloth or paper towel the mushrooms and let them dry.

Place the vegetables on a very hot grill pan or Barbecue, cook for about 2 minutes in both sides the zucchini and mushrooms, for about 4 minutes the eggplant both sides.

Lay on a tray or plate and drizzle some dressing around on top.

Serve warm or room temperature.