

# Mediterranean Vegetable Strudel



## Rezept (Beispiel)

Recipe for	
	4

Ingredients	Amount
Pastry dough	275 g
Medium Zucchini	x2
Bell Paprika	x2
Medium Onion	x1
Lecso	800 ml
dried Rosemary	1 TBSp
dried Italian Herbs mix	2-3 TBSp
Vegetable Stock Cube	x1
Tomato Paste	70 g
Salt & Pepper to taste	
Olive Oil	

## Shopping list

Ingredients	stocked	amount needed
Pastry dough	<input type="checkbox"/>	
Zucchini	<input type="checkbox"/>	
Paprika	<input type="checkbox"/>	
Onion	<input type="checkbox"/>	
Lecso	<input type="checkbox"/>	
Rosemary	<input type="checkbox"/>	
Italian Herbs	<input type="checkbox"/>	
Vegetable Stock Cube	<input type="checkbox"/>	
Tomato Paste	<input type="checkbox"/>	
Salt	<input type="checkbox"/>	
Pepper	<input type="checkbox"/>	
Olive Oil	<input type="checkbox"/>	

## Method

- For the tomato sauce :** bring Lecso with the stock cube to boil in a sauce pan and let it cook for 15-20 minutes until it is reduced to a creamy consistency, then add the tomato paste, Rosemary , 1-2 TBSp Italian Herbs and salt & pepper to taste.
- Preheat oven to 200 degrees.
- For the vegetables:** peel the onion ,half and slice it. Put some olive oil in a large saucepan, add onion and fry it on medium heat. Wash Zucchini and Paprika, cut in half and slice into long stripes. add to the saucepan. Fry vegetables until they are cooked and start to brown. Add remaining Italian herbs and Salt&Pepper to taste.
- Assemble:** align baking paper on oven tray and roll out the pastry dough. Lengthwise in the middle third distribute the vegetable mixture. On top spread 3-4 TBSp of the tomato sauce. Then fold the sides over and press the dough together at the open ends.
- Put the strudel into the preheated oven for 30 minutes.
- Enjoy with a fresh Spinach and tomato Salad with tomato sauce on the side.