

MUN-SI CHALLENGES

Today I'm the chef



*The challenge is to create a
recipe with the following
ingredients:*

1 Legumes

2 Peppers

3 Flour



Peas and vegetables soufflé



INGREDIENTS

- 1 peppered pepper
- 1 cup of cooked peas
- 2 tablespoons of cornstarch
- 1 tablespoon of olive oil
- 1 grated carrot
- 1 chopped onion
- 1 chopped tomato
- 2 cups of milk
- 3 eggs



Peas and vegetables soufflé



- 1 Preheat the oven to 180°C;
- 2 Heat the oil, add the onion and let it brown, add the pepper, onion, carrot and sauté for 3 min;
- 3 Add the peas and sauté for another 3 min;
- 4 Dissolve the corn starch in the milk, add the eggs and mix until smooth; Add the mixture to the sauté, stirring until it thickens;
- 5 Bake for 25 min or until it gets golden brown. Serve immediately.

