

🍴 ROASTED VEGETABLE CASSEROLE 🍴

Prep Time: 15 min | **Cook Time:** 50 min | **Servings:** 4 | **Difficulty:** Easy | **Diet:** Vegetarian, Gluten-Free



Ingredients

For the Vegetables

- 1 small Delica pumpkin
- 2 small eggplants
- 400 g cherry tomatoes
- Salt, to taste and Fresh oregano
- Extra virgin olive oil, for roasting

For the Pesto Cream

- 200 g sour cream
- 50 g feta cheese, crumbled
- 70 g basil pesto

For the Parmesan and Nut Crumble

- 60 g mixed nuts (walnuts, hazelnuts, almonds, pumpkin seeds, flaxseeds)
- 100 g grated Parmesan cheese

How to make step by step

1. Prepare the Vegetables

- Wash the pumpkin, eggplants, and cherry tomatoes thoroughly
- Slice the pumpkin into medium-thick pieces (you can leave the skin on if it's tender)
- Cut the eggplants into even rounds
- Arrange all the vegetables on a baking sheet lined with parchment paper
- Drizzle with extra virgin olive oil and season with salt and fresh oregano
- Roast in a preheated oven at 180°C for about 30 minutes, until tender and lightly golden

2. Prepare the Pesto Cream

- In a bowl, combine the basil pesto and sour cream
- Add the finely crumbled feta cheese
- Mix well until smooth and creamy, set aside

3. Make the Savory Crumble

- Finely chop the mixed nuts using a knife or food processor
- Transfer them to a bowl
- Add the grated Parmesan cheese and mix until you get a coarse, crumbly texture

4. Assemble the Casserole

- In a baking dish, create a layer with the roasted vegetables
- Spread the pesto cream evenly over the top
- Finish with a generous layer of Parmesan and nut crumble

5. Bake and Serve

- Bake at 180°C for about 20 minutes
- Cook until a golden, crispy crust forms on top
- Remove from the oven and let rest for a few minutes, serve with fresh basil leaves

👉 Video recipe: https://youtube.com/shorts/IeFR5z3ni_M