

BBQ grilled vegetables salad, sauce vierge |

Recipe for 4 servings

Description

Pieces of grilled vegetables, served cold with its virgin vinaigrette.

Note

Salad still warm will only be better. Make sure that the thickness of the cut vegetables is sufficient to withstand the BBQ. Imagine your choice of vegetables.

Ingredients

For the vegetables

- 0.25 Unit(s) Eggplant
 - 0.50 Unit(s) Zucchini
 - 0.50 Unit(s) Yellow zucchini
 - 1 Unit(s) Red pepper
 - 4 Unit(s) Green asparagus
 - 30 Ml Canola oil
 - 60 Ml Olive oil
 - 2 Unit(s) Tomato
 - 20 Ml Balsamic vinegar
 - 2 Sprig(s) Tarragon
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- Salt and pepper

Preparation

- Preparation time **20 mins**
- Preheat your **BBQ** at **0 F°**

Preparation for the vegetables

Wash and slice the vegetables into slices 1 cm, cut the pepper into 4 or 5 pieces, cut the tip of the tail asparagus. Mix all of your vegetables with canola oil. Place all the pieces of vegetables on the grill, about 2-3 minutes on each side. Cut your tomato brunoise (small cubes), add the balsamic, olive oil and coarsely chopped tarragon. Pour your dressing over the vegetables already cooked, season. It only remains to serve.

Bon appétit!