

The tian de courgettes is a Provençal gratin where the rice is cooked with the natural moisture of the zucchinis. It's one of my favorite summer dish!

INGREDIENTS

serves 3

olive oil
4 zucchinis, sliced
1 cup white rice
3 garlic cloves, minced
salt & pepper
1/3 cup raw cashews
2/3 cup water
1 Tbsp nutritional yeast
1/2 cup vegan parmesan
(I use Follow Your Heart)
1/2 cup Just Egg
a dozen basil leaves,
chopped

DIRECTIONS

Sauté the courgettes in a pan for a few minutes on high heat.
Add the garlic, rice, salt, and pepper. Reduce heat, cover, and let cook for 20min.
Turn off heat and let it rest for 20-30 minutes.
Preheat the oven at 400F.
Meanwhile, blend the cashew with the water to make cream. Add the nutritional yeast, Jus Egg, parmesan, and basil. Mix.
When the zucchinis and rice are ready, add the cream mixture, mix well, and put everything in a baking dish.
Bake in oven for 30 minutes.

Note that I use a Dutch oven to avoid using (thus cleaning) 2 pots, but it's a bit too deep for an elegant serving :)