



Colorful vegetable pan with vegan feta cheese

Together with Byodo rapeseed oils, the colorful vegetable pan not only tastes absolutely delicious, but also provides valuable fatty acids. A delicious taste experience with vegan feta cheese.

Zutaten

4 Portionen

3 EL Byodo frying oil rapeseed
250 g young carrots
250 g Zucchini
200 g Broccoli
300 g Mushrooms, small
250 g Onions
1 Garlic clove
150 ml Vegetable stock, vegan
1 Pinch Coriander, ground
1 TL Thyme, chopped
1 Pinch Byodo sea salt
Pepper from the mill
2 EL Parsley, chopped
2 EL Byodo rapeseed oil, virgin
1 Pack vegan feta cheese

Zubereitung

Peel the onions and garlic, finely chop the garlic, halve the onions and cut into fine strips. Wash the

carrots and zucchinis and then cut into large slices.

Sauté the onions and garlic in 3 tbsp Byodo rapeseed frying oil, add the carrots and zucchinis and fry a little too. Deglaze with vegetable stock and simmer for 10 minutes.

Add the washed mushrooms and broccoli florets whole and sauté for approx. 5 minutes. Add the coriander, thyme, salt and pepper and stir. Finally, crumble the vegan feta cheese over the vegetables with your fingers and sprinkle with the parsley and 2 tbsp of the Byodo rapeseed oil.



The [native rapeseed oil](#) with its fine nutty taste and bright yellow color gives your dish an extra portion of freshness and valuable unsaturated fatty acids. The ready-made vegetable pan tastes particularly good with rice or bulgur.