



## Vegetable Florentine\* ( OP W )

Serving: 1

Veg

### *Ingredients*

- For The Spinach Layer
- 1 cup chopped spinach (palak)
- 1 tbsp butter
- 2 tbsp finely chopped green chillies
- 1 tbsp fresh cream
- 1 tbsp almond flour
- salt and freshly ground black pepper powder to taste
- --For The Vegetable Layer
- 1 cups chopped mixed vegetables (french beans , cauliflower , bell peppers , broccoli etc)
- --For The Topping
- 2 tbsp mozzarella cheese , grated
- 2 tbsp processed cheese , grated
- salt and pepper to taste

### *Preparation Method*

- Place the spinach in a microwave safe plate and microwave on high for 1 minute. Cool slightly.
- Blend the spinach in a blender to a smooth purée and keep aside.
- Put the butter in a microwave safe bowl and microwave on high for 40 seconds. Add the , flour and green chillies, mix well and microwave on high for 3 minutes, stirring once in between after 1½ minutes.
- Add the spinach, cream, salt and pepper, mix well and microwave on high for 4 minutes, stirring once in between after 2 minutes. Keep aside.
- For the vegetable layer
- Combine the mixed vegetables with ½ cup of water in a microwave safe shallow dish and microwave on high for 10 minutes, stirring twice after every 5 minutes. .
- How to proceed
- Spread the prepared spinach layer in a shallow microwave safe dish, top with the prepared vegetable layer and cheese and microwave on high for 4 minutes.
- Serve immediately.