



---

Posted on 6 March 2013  
*by ewfood*

## Zucchini and Sweet Potato Gratin



## Ingredients

3 large sweet potatoes  
2 zucchini  
1 onion (or more if you like them)  
40 cl liquid cream ( 4%fat)  
50 g grated cheese ( parmesan type)  
1 clove of garlic  
Salt  
Pepper  
Nutmeg

Preparation:

Preheat your oven to 170 ° C (gas mark 6).

Peel the sweet potatoes and garlic and wash the zucchini.

With a mandolin, slice the potatoes, onions and zucchini and mince garlic.

In a skillet, cook the onions and zucchini about 5 minutes with salt, pepper, nutmeg and garlic.

Take a baking dish, put half the sweet potato slices, top with zucchini and onions and finished with the potatoes

Pour the cream and sprinkle with grated parmesan cheese.

Bake for approximately 1 hour and a half.

Bon appetit.

**Preparation Time**

20

min

**Cooking Time**

90

min

## Preparation

- 1 Preparation:
- 2 Preheat your oven to 170 ° C (gas mark 6).
- 3 Peel the sweet potatoes and garlic and wash the zucchini.
- 4 With a mandolin, slice the potatoes, onions and zucchini and mince garlic.
- 5 In a skillet, cook the onions and zucchini about 5 minutes with salt, pepper, nutmeg and garlic.
- 6 Take a baking dish, put half the sweet potato slices, top with zucchini and onions and finished with the potatoes
- 7 Pour the cream and sprinkle with grated parmesan cheese.
- 8 Bake for approximately 1 hour and a half.

## Cooks Note

Preparation time: 20 minutes

Cooking time: 90 minutes

---