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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 approximatly1hour and a half.
Bon appetit.

Preparation Time
20
min
Cooking Time
90
min

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