



# PLANT-BASED RECIPES

FRIED POLENTA  
WITH GUACAMOLE

*Parveggio*



## YOU WILL NEED

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2200 gr of pre cooked polenta, cut into  
30 gr of parveggio, grated

Serve with:

Mashed avocado,  
seasoned with salt,  
black pepper,  
chili flakes,  
lemon juice  
and garlic

Recipe & photo credits @topfoodfacts



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# Method

## FRIED POLENTA WITH GUACAMOLE

- Add all of the ingredients to a bowl and mix nicely
  - Spread in a baking dish and cook in a preheated oven, set to 180c, for about 20 minutes
- Serve with pita and dip in



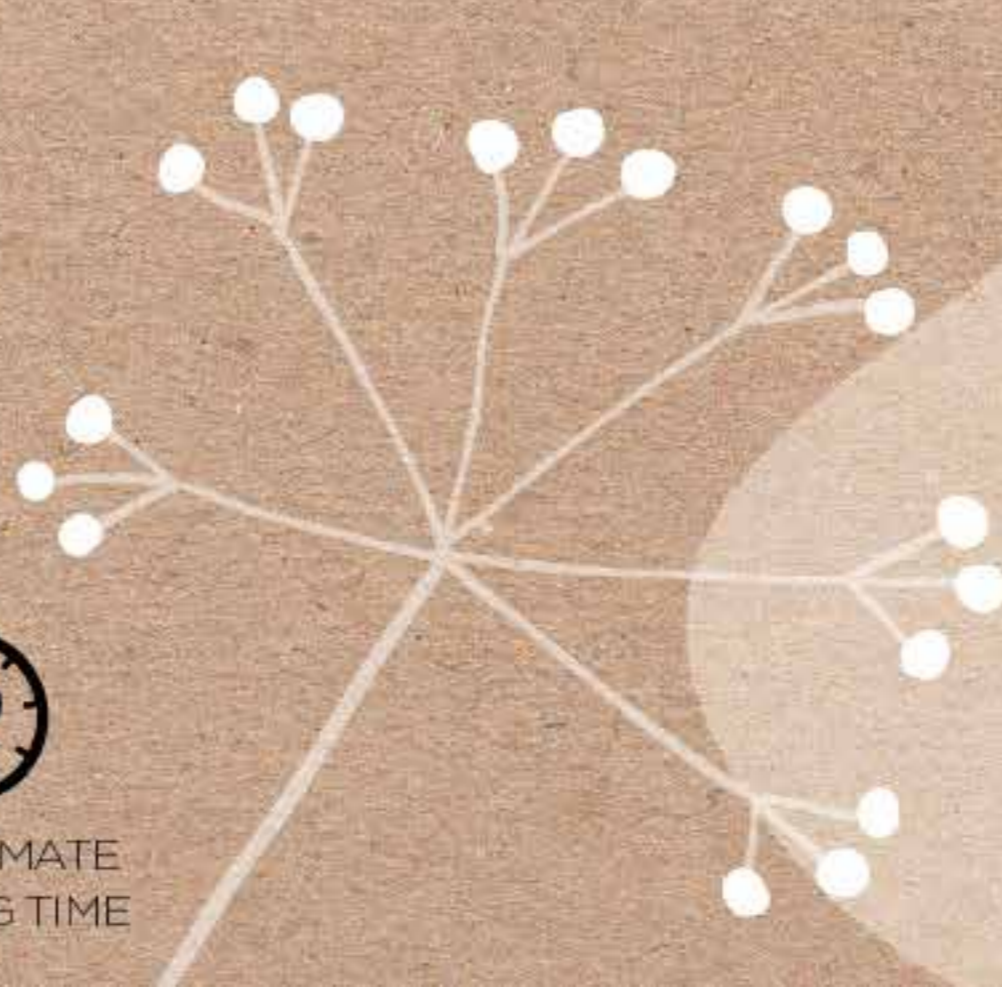
SERVES



PREP TIME



APPROXIMATE  
COOKING TIME







Did you  
**Make**  
this ♥  
recipe?

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