



Pan-fried Braised Winter Vegetables

Recipe Gluten-free, dairy-free (casein-free), hypotoxic and vegan

By: Cuisine l'Angélique

PORTIONS: **4 to 6**

PREPARATION: **20 MINUTES**

COOKING: **30 MINUTES**

INGREDIENTS

- 45 ml (3 tbsp) olive oil
- 2 small yellow onions, quartered
- 3 garlic cloves, halved
- 3 carrots, peeled and cut in 4 lengthwise
- 2 parsnips, peeled and cut in 4 lengthwise
- 1/4 to 1/3 butternut squash, peeled and cut into sticks
- 125 g (1/2 cup) chicken or vegetable broth
- 15 ml (1 tbsp) balsamic vinegar
- 10 ml (2 tsp) maple syrup
- 10 ml (2 tsp) Dijon mustard
- 1 ml (1/4 tsp) salt
- 1 ml (1/4 tsp) dried thyme
- Pepper, to taste

PREPARATION

1. In a large, heavy-bottomed frying pan, heat oil over medium-high heat. Cover the bottom with a row of vegetables and sear on all sides. Remove vegetables and place in a bowl; Set aside. Repeat for all vegetables. Add a little more olive oil to the pan as needed.
2. In a small bowl, combine broth, balsamic vinegar, maple syrup, Dijon mustard, salt, thyme and pepper. Place the vegetables in the pan and pour in the broth mixture.
3. Bring to a boil, cover and simmer for 15 to 20 minutes over low heat or until vegetables are tender and broth has reduced. During cooking, if necessary, add a little broth to prevent the vegetables from sticking to the bottom of the pan.
4. Adjust the seasoning to taste and serve.



Braising vegetables allows them to retain all their aromas and minerals. A tasty technique to try!