

Picandou Honey-Fig and Vegetable Tartare



Informations

People : 4

Preparation : 30 min.

Cooking time : 20 min.



Ingredients

- 4 Picandou Miel-Figue
- 1 green zucchini and 1 yellow zucchini
- 1 eggplant
- 1 red bell pepper
- 1 red onion
- 125 ml tomato juice
- 1 clove of garlic, minced
- 1 tablespoon toasted pine nuts
- 1 sprig of thyme
- 2 tablespoons pesto
- 1 tablespoon aged balsamic vinegar
- Basil leaves
- 2 tablespoons black olives, sliced
- Olive oil
- Salt/Pepper

Preparation steps

1. Wash and dice the green and yellow zucchinis, eggplant, and deseeded red bell pepper into small pieces.
2. Chop the red onion and stir it in a skillet with a little olive oil.
3. Add and stir the diced vegetables.
4. Add the tomato juice, thyme, and garlic, and cook for about 5 minutes.
5. Let it cool.
6. Season the tartare with salt, freshly ground pepper, a few drops of balsamic vinegar, and olive oil.
7. Plate the tartare on 4 dishes, place the Picandou miel figue on top of each, and garnish with pesto, olives, pine nuts, and basil leaves.

? **Tip:** To add some crunch to the dish, you can include a few croutons of vegetable focaccia.