

Polenta with Fourme d'Ambert AOP La Réserve des Crémiers, Brussels sprouts and beetroot

Informations

People : 4



Ingredients

- 200 g Fourme d'Ambert AOP La Réserve des Crémiers
- 150 g polenta
- 2 teaspoons sea salt
- 20 g butter
- Brussels sprouts
- Beetroot

Preparation steps





1. Bring 1 L water to the boil, then add the butter, sea salt and Fourme d'Ambert AOP chopped into pieces.
2. Add the polenta and stir over a moderate heat for 15 min.
3. Halve the Brussels sprouts and fry in a pan.
4. Slice the beetroot and fry on both sides until golden.
5. Serve the vegetables on top of the polenta with Fourme d'Ambert AOP; remember to season the dish before serving.

? **Tip:** Replace the Brussels sprouts with courgette.