

Aarontouille



Ingredients:

Potato
Zucchini
Cucumber
Tomato
Eggplant
Cooking Oil
Chili
Plants to decorate
Pepper
Basil
Dried chopped onions
2 cups
Plates
Water

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Vegetables

1. (Always wash the vegetables) First pour cooking oil into the pan on a high heat.
2. Grab the vegetables featuring: Potato, zucchini, cucumber, tomato, and eggplant. Use a knife and cut thin slices for each vegetable. The slices should be 1cm thick. Once done cutting, set this aside for later.

Cooking

1. (We recommend adult supervision. This cooking process will be on high heat so be cautious. ITS HOT!) Pour cooking oil into the pan. We recommend cooking oil, not olive or grape seed oil. Pour the vegetables and stir and cook. Add a pinch of salt+sugar for good taste. Continue to cook for at least 20-30 min max. Cooking too long will get this dish burned. Supervise the vegetables to make sure they don't burn.
2. Add more oil if needed.

Preparing the sauce

1. Pour cooking oil into the pan. Add some chili powder and mix. Once oil is starting to get really hot, pour this into a cup. This will make it easier to pour the sauce onto the plate.

Serving

1. Pour the vegetables into a plate. Take a spoon of vegetables into the cup. (We recommend cups that are short for this process) Once the cup is full, flip the cup over onto the plate that you're serving on, into the middle of the plate. It will make it a lot prettier. Once flipped over, it should look like a spiral in the picture above.
2. Take the sauce that was in the cup. Use a spoon and pour the sauce in a circle around the vegetables.
3. Lastly, use a plant or flower to put it on top of the vegetables or next to the vegetables. Lay the flower or plant how you want it to be.

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You can find all the ingredients in your nearby local stores or fresh farm markets. Shop at Amazon fresh:

https://www.amazon.com/alm/storefront?almBrandId=QW1hem9uIEZyZXNo&tag=googhydr-20&hvadid=445337001272&hvpos=&hvexid=&hvnetw=g&hvrnd=16238945170593475141&hvpone=&hvptwo=&hvmqmt=e&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9032854&hvtargid=kwd-11325221787&ref=pd_sl_3dkf13gjk1_e .

Serve and enjoy!