



FRANCE

DINNER

[PRINTABLE RECIPE PDF](#)

French Tian Provençal

Tian Provençal is a vibrant vegetable dish native to the Provence region of France, named after the earthenware dish it is traditionally baked in. This dish

PREP

20 min

COOK

40 min

SERVINGS

4

DIFFICULTY

Easy

SHOPPING LIST

Ingredients

- 2 medium zucchini - sliced into thin rounds
- 2 medium eggplants - sliced into thin rounds
- 2 medium tomatoes - sliced into thin rounds
- 1 large onion - sliced thinly
- 3 cloves garlic - minced
- 4 tablespoons olive oil - for drizzling
- 1 teaspoon herbs de Provence - or a mix of thyme, rosemary, and basil
- to taste salt - for seasoning
- to taste pepper - for seasoning
- 1 tablespoon balsamic vinegar - optional for extra flavor

WHY THIS WORKS

About this recipe

A printable French Tian Provençal recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Tian Provençal is a vibrant vegetable dish native to the Provence region of France, named after the earthenware dish it is traditionally baked in. This dish reflects the abundance of fresh produce in the Mediterranean climate,

ORIGIN & TRADITION

Mediterranean context

Tian Provençal is a vibrant vegetable dish native to the Provence region of France, named after the earthenware dish it is traditionally baked in. This dish reflects the abundance of fresh produce in the Mediterranean climate, showcasing local ingredients and the emphasis on simple, rustic cooking techniques.

METHOD

Step-by-step instructions

1

Preheat your oven to 375°F (190°C). In a large baking dish or a traditional tian dish, layer the sliced zucchini, eggplants, and tomatoes in an alternating pattern, standing them up vertically for a visually appealing presentation.

2

Scatter the sliced onions and minced garlic evenly over the top of the layered vegetables. Drizzle with olive oil, and season with salt, pepper, and herbs de Provence. For added depth, drizzle with balsamic vinegar if desired.

3

Cover the dish with aluminum foil and bake in the preheated oven for 30 minutes. Remove the foil and bake for an additional 10 minutes, or until the vegetables are tender and slightly caramelized.

CHEF'S TIP

For the best flavor, use fresh, seasonal vegetables and feel free to add any of your favorites like bell peppers or squash.

NUTRITION PER SERVING (EST.)

Calories	160 kcal	Fat	11 g
Protein	3 g	Fiber	4 g
Carbohydrates	12 g	Sodium	300 mg

SERVING SUGGESTION

Serve warm as a main dish alongside a crusty baguette or as a side to grilled meats. Pair with a glass of rosé for an authentic Provençal experience.

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