

SIDE DISH

Late-Summer Vegetables with Aioli

19 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
90 min	6	\$2.28	201 kcal



Late-Summer Vegetables with Aioli takes roughly 1 hour and 30 minutes from beginning to end. Watching your figure? This gluten free, dairy free, lacto ovo vegetarian, and whole 30 recipe has 201 calories, 6g of protein, and 10g of fat per serving. This recipe serves 6 and costs \$2.28 per serving.

Ingredients

- ☐ 1 cup About mixed cherry tomatoes, large ones halved
- ☐ 1 medium fennel bulb, stems trimmed and bulb cut into thin wedges
- ☐ 1 small head frisée (pale inner leaves only)
- ☐ ½ pound green beans, yellow wax beans, or both
- ☐ 1¼ cups About mild extra-virgin olive oil, divided
- ☐ 1 large egg, at room temperature
- ☐ 1 pound fingerling potatoes, halved lengthwise
- ☐ 2 to 4 garlic cloves
- ☐ 2 teaspoons Champagne vinegar or fresh lemon juice
- ☐ ½ tsp About fine sea salt

☐ 6 servings Sea salt

☐ 3 small summer squash, such as zucchini, sliced diagonally 1/2 in. thick

☐ 10 thyme sprigs, divided

EQUIPMENT Bowl, Baking sheet, Oven, Whisk, Pot, Blender, Kitchen towels, Chefs knife

Method

- 1 Preheat oven to 45
- 2 Blanch beans in a large pot of boiling salted water until just tender, 3 to 4 minutes.
- 3 Drain, plunge into a bowl of ice and water, then drain again and pat dry on a kitchen towel.
- 4 Toss potatoes and squash separately with 2 tbsp. oil each, some sea salt, and about two-thirds of thyme sprigs. Roast separately in a single layer on rimmed baking sheets until just tender, 7 to 10 minutes for zucchini and 20 to 25 for potatoes.
- 5 Make aioli: In a bowl, whisk egg with a pinch of fine sea salt and the vinegar until thick.
- 6 Whisk in remaining 1 cup oil gradually, drop by drop for the first 1/4 cup or so (until the mixture is emulsified) and then in a thin stream until aioli is nice and thick; you may not need all the oil. Alternatively, whirl egg, salt, and vinegar in a blender, then drizzle in oil.
- 7 Sprinkle garlic with 1/2 tsp. fine sea salt. Mince with a chef's knife, then use side of blade to crush garlic into a paste. Stir garlic paste into mayonnaise. Taste and add more salt or vinegar if you like.
- 8 Arrange cooked and raw vegetables on a large platter or long board, top with remaining thyme sprigs, and serve with aioli.

Nutrition per serving

201 KCAL	6 g PROTEIN	10 g FAT	24 g CARBS
Saturated Fat			1.6 g · 10% of daily needs
Fibre			6 g · 24% of daily needs
Sugar			4.3 g · 5% of daily needs
Sodium			448 mg · 19% of daily needs
Cholesterol			31 mg · 10% of daily needs
Vitamin C			55.2 mg · 67% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/late-summer-vegetables-with-aioli-143793