

Penne with marinated vegetables and slow cooked cherry tomato

Cuisine: Italian

Food category: Vegetables



Author: Jaroslav Mikoška

Company: Retigo



Program steps

Preheating: 205 °C

1	Combination	50 %	Termination by time	00:14 hh:mm	200 °C	100 %	X
2	remove the GN with pasta and place the peppers in						
3	Hot air	100 %	Termination by time	00:20 hh:mm	190 °C	100 %	X
	remove the peppers and insert the rest of the vegetables						
	Hot air	0 %	Termination by time	00:08 hh:mm	220 °C	100 %	X

Ingredients - number of portions - 10

Name	Value	Unit
penne pasta	1	kg
mixed peppers	3	pcs
zucchini	1	pcs
aubergine	1	pcs
red onion	3	pcs
cherry tomatoes	1	kg
salt	50	g
freshly ground black pepper, ground	3	g
olive oil	150	ml
sprig of parsley	50	g
basil	50	g
garlic cloves, finely chopped	2	pcs
white wine vinegar	30	ml
thyme	10	g
yellow peppers	2	pcs

Directions

1. Insert stainless steel GN 150mm filled with water into the combi oven, press combi mode on Retigo combi oven on 200°C for about 14 minutes. After the preheating insert salt and the pasta into the hot water. When the pasta is tender, strain the water from the GN container through a sieve and leave to cool down naturally.
2. Set the combi oven on hot air mode 190°C for 20 minutes. After preheating insert enamelled GN container 20mm with peppers inside the combi oven. After the peppers are roasted (the skin must be very dark, almost burnt), cover the GN container with a lid.
3. Set the combi oven on hot air mode 0% 220°C for 8 minutes. Slice courgettes and aubergine into 6-8mm thin slices and place them on Retigo grill GN container.

Nutrition and allergens

Allergens:

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, B6, C, Cholin, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	390.8 kJ
Carbohydrate	75.1 g
Fat	2.3 g
Protein	14.5 g
Water	0 g

Recommended accessories



GN container Stainless steel full