Retigo Combionline | Cookbook | Vegetables 25. 3. 2021

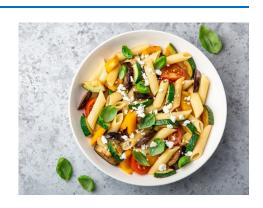
Penne with marinated vegetables and slow cooked cherry tomato

Cuisine: Italian

Food category: Vegetables



Author: Jaroslav Mikoška Company: Retigo



Program steps

205 °C Preheating: **5**0 **②** 00:14 **∄≎** 200 $\overline{\mathbf{X}}$ **Combination** Termination by hh:mm remove the GN with pasta and place the peppers in **3** 190 00:20 **\$\$\$** Hot air 100 Termination by hh:mm X time °C. 3 remove the peppers and insert the rest of the vegetables **②** 00:08 **\$\$\$** Hot air Termination by | | | 0 °C hh:mm

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

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

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 instert 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,
- 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.

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

