

# Baked Eggplant Stacks

Cuisine: **German**

Food category: **Vegetarian dishes**



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## Program steps

Preheating: 200 °C

1 Combination 40 % Termination by time 00:16 hh:mm 180 °C 60 %

## Ingredients - number of portions - 10

Name	Value	Unit
aubergine	2	pcs
zucchini	1	pcs
tomato	400	g
basil	10	g
olive oil	60	ml
parmesan cheese	400	g
rocket leaves	100	g
red onion	100	g
bruschetta salt mixture	10	g

## Nutrition and allergens

Allergens: 7

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

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

Nutritional value of one portion	Value
Energy	171.7 kJ
Carbohydrate	4.1 g
Fat	10.6 g
Protein	14.8 g
Water	0 g

## Directions

Cut eggplants into slices (0.5 – 0.75 cm).

Slice zucchini and tomatoes very thinly, cut onions into thin rings.

Now build stacks of the following ingredients on a coated turning plate, pressing everything tightly while stacking:

From bottom to top:

Eggplant//  
Zucchini//  
Onion//  
Olive oil//  
Spices//  
Arugula//  
Zucchini//  
Onion//  
Tomato//  
Parmesan//  
Basil//  
Eggplant//

Press tightly and continue stacking:

Zucchini//  
Onion//  
Olive oil//  
Spices//  
Arugula//  
Zucchini//  
Onion//  
Tomato//  
Parmesan//  
Basil//  
Eggplant//

Then press tightly again.

Top with another tomato and grated Parmesan.

Bake in a preheated combi steamer with the program described herein.

## Recommended accessories



Vision Bake