

# Baked eggplant tower

Cuisine: German

Food category: Vegetarian dishes



Author: Retigo Team Deutschland

Company: RETIGO Deutschland GmbH



## 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 the eggplant into slices (0.5 – 0.75 cm).

Cut the zucchini and tomatoes into very thin slices and cut the onions into thin rings.

Now build towers on a coated turning plate as follows, and press everything together firmly when stacking:

From bottom to top:

Aubergine//

Zucchini//

Onion//

Olive oil//

Seasoning//

Arugula//

Zucchini//

Onion//

Tomato//

Parmesan//

Basil//

Aubergine//

Press together firmly and continue stacking:

Zucchini//

Onion//

Olive oil//

Seasoning//

Arugula//

Zucchini//

Onion//

Tomato//

Parmesan//

Basil//

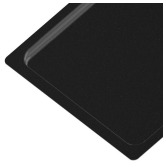
Aubergine//

Then press them together again firmly.

Tomato and grated Parmesan are added on top.

Bake in the preheated combi steamer using the program described below.

## Recommended accessories



Vision Bake