

Fish pie

Cuisine: English
Food category: Fish



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Company: Retigo



Program steps

Preheating: 105 °C

1	Steaming		Termination by time	00:03	hh:mm	95	°C	50	%		
2	Hot air	100	%	Termination by time	00:10	hh:mm	180	°C	100	%	

Ingredients - number of portions - 4

Name	Value	Unit
haddock	400	g
full cabbage leaves, cleaned	2	pcs
fresh baby spinach	250	g
cheddar cheese	150	g
filo pastry	4	pcs
olive oil	20	ml
salt	1	g
ground black pepper, ground	1	g

Nutrition and allergens

Allergens:
Minerals: Ca, Co, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn
Vitamins: A, B, B6, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	280.2 kJ
Carbohydrate	1 g
Fat	14.1 g
Protein	35.3 g
Water	0 g

Directions

Set the Retigo combi oven a steam mode 95°C for about 4 minutes. After preheating insert the fish using stainless steel full GN container. Chopp the spring onion, add a bit of olive oil and fry it in a vision pan for about 1 minute, add spinach and take the pan away from the heat. Add the crumbled haddock, grated cheese, salt and pepper and finsh with the 4 sheets of filo pastry, add a few drops of olive oil and set the combi oven on a hot air mode 180°C, 10 minutes and insert the vision pan in.

Recommended accessories



Vision Pan



GN container Stainless steel perforated