

Cheese soufflé with zucchini noodles

Cuisine: **German**

Food category: **Vegetarian dishes**



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Company: **RETIGO Deutschland GmbH**

Program steps

1	Zucchini anbraten	Hot air	100 %	Termination by time	00:10 hh:mm	200 °C	70 %	
2	Tomatenmark, Tomaten, Brühe und Gewürze zugeben, umrühren und schmoren	Hot air	100 %	Termination by time	00:10 hh:mm	200 °C	100 %	
3	geriebenen Parmesan hinzugeben, umrühren, ggf. abschmecken	Hot air	0 %	Termination by time	00:07 mm:ss	200 °C	60 %	
4	Nudeln aus dem Kombidämpfer nehmen, Soufflé backen	Combination	30 %	Termination by time	00:40 hh:mm	130 °C	100 %	

Ingredients - number of portions - 0

Name	Value	Unit
zucchini	1	pcs
tomato	2	pcs
tomato paste	20	g
vegetable broth	50	ml
parmesan cheese	50	g
salt	3	g
whole black pepper	1	g
olive oil	20	ml
garlic cloves, finely chopped	0.5	pcs

Name	Value	Unit
butter soft	75	g
plain wheat flour	75	g
milk 3.5%	380	ml
parmesan cheese	140	g
chicken eggs	4	pcs
salt	3	g

Directions

Pour olive oil into a non-stick GN container or, for smaller portions, into a Retigo pan. Using a vegetable peeler, slice the zucchini into thin strips and place them on top. Sauté the zucchini in hot air mode at 200°C for 10 minutes.

Then stir, add tomato paste, tomatoes, garlic, and broth, and simmer for another 10 minutes. Remove the container, stir well, add the Parmesan and spices, season to taste, and keep warm. For the soufflé, make a béchamel from butter, flour, and milk, and season it with spices.

Separate the eggs, stir the egg yolks and Parmesan into the still warm béchamel, and set aside. Whip the egg whites until stiff and fold them in.

Fill the mixture not too high into previously buttered and floured molds.

Bake in the preheated combi steam oven in combi steam mode at 130°C, 40% fan speed, pulsed fan, and 30% humidity for about 40 minutes.

Serve with the zucchini noodles and serve immediately.

Name	Value	Unit
whole black pepper	1	g
nutmeg	1	g

Nutrition and allergens

Allergens: 1, 3, 7

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

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

Nutritional value of one portion	Value
Energy	0 kJ
Carbohydrate	0 g
Fat	0 g
Protein	0 g
Water	0 g

Recommended accessories



Vision Pan