

Frittata with eggplant

Cuisine: German

Food category: Vegetarian dishes



Author: Retigo Team Deutschland

Company: RETIGO Deutschland GmbH



Program steps

1 Gemüse grillen auf geschlossener Grillplatte



2 Zwiebel und Knoblauch anschwitzen in der Retigo Pan



3 Aubergine, Zucchini, Eimasse und Tomaten zugeben



4 Hot air



Ingredients - number of portions - 4

Name	Value	Unit
aubergine	1	pcs
zucchini	2	pcs
onion	2	pcs
garlic cloves, finely chopped	2	pcs
tomato	2	pcs
olive oil	40	ml
chicken eggs	8	pcs
salt	6	g
whole black pepper	2	g
chili pepper	6	g
yogurt	200	g
parmesan cheese	200	g

Nutrition and allergens

Allergens: 3, 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

Directions

The classic dish can be modified as desired and is quick and easy to prepare. This variant with grilled vegetables has the advantage that all work steps take place in the same climate and therefore work perfectly in the slide-in timer mode.

Cut the eggplant into 0.5 cm thick slices, season with salt and let it sweat, then dab off the liquid. Also cut the zucchini into slices.

Brush the vegetable slices with a little olive oil and grill them on a closed grill plate in a preheated combi steamer at 220°C in a combi steamer with 10% humidity and 70% fan speed for 5 minutes.

For the frittata, it is best to use the Retigo Pan - small coated serving pans made of cast aluminum with Lotan® coating, in which it can be prepared in portions and served immediately. In this small serving pan you can now fry onions and garlic - both finely diced - with a little olive oil - in the same climate as before for about 5 minutes.

Beat the eggs with the spices, grated cheese and yogurt. Place the grilled vegetables in the serving pan, pour over the egg mixture, add the chopped tomato cubes and let them set in the same climate for 10 minutes, then bake for another 10 minutes with the steam flap open (to reduce the liquid from the fresh tomatoes), and finally decorate with

Nutritional value of one portion		Value
Energy	230.1 kJ	
Carbohydrate	3.8 g	
Fat	15 g	
Protein	19.6 g	
Water	0 g	

fresh herbs and serve directly in the hot pan. The exact cooking time depends on the size and depth of the pan. Program again at a glance:
 220 °C combi steam, 10% humidity, 70% fan speed
 Grill vegetables for 5 minutes //
 Sauté onions + garlic for 5 minutes //
 Add grilled vegetables, egg mixture, tomatoes //
 Let set for 10 minutes.
 Open the vapor flap and cook for another 10 minutes, depending on the size of the pan.
 Tip: this simple dish can be prepared easily (grill vegetables, sauté onions) and, if necessary, finish cooking in a short time using the slide-in timer.

Recommended accessories



Vision Pan