

Potato with zucchini

Cuisine: **Czech**Food category: **Vegetables**Author: **Jan Malachovský**Company: **Retigo**

Program steps

Preheating: **180 °C**

1	Hot air	100 %	Termination by time	00:15 hh:mm	180 °C	100 %	
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Ingredients - number of portions - 5

Name	Value	Unit
potatoes	500	g
zucchini	500	g
chicken eggs	3	pcs
marjoram	3	g
garlic	5	pcs
salt	1	g
breadcrumbs	100	g
5 tbsp vegetable oil	1	pcs
freshly ground black pepper, ground	1	g

Nutrition and allergens

Allergens: 1, 3

Minerals: Ca, Co, Cr, 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	184.7 kJ
Carbohydrate	37.8 g
Fat	0.8 g
Protein	5.1 g
Water	0 g

Directions

1. Peel the potatoes and coarsely grate them into a bowl.
2. Cut the zucchini in half lengthwise and scoop out the seeds with a spoon. Then we grate it coarsely to the potatoes. Add salt and let stand for 10 minutes. Drain the excess liquid through a sieve. This will make the mixture drier and the potato crispier.
3. Add eggs, marjoram, garlic, salt and pepper to the grated zucchini and potatoes. Finally, sprinkle breadcrumbs, in such an amount that the mixture is dense and solid rather than liquid. We can chop fresh herbs into the mixture for color (parsley, chives, thyme, marjoram).
4. Grease the baking sheet and fill it with dough. We bake according to the indicated program.

Recommended accessories



Vision Snack