

Lentil meatballs with grilled vegetables

Cuisine: Czech

Food category: Vegetarian dishes



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Company: Retigo



Program steps

1 Steaming Termination by time 00:20 hh:mm 99 °C + 50 %

Ingredients - number of portions - 4

| Name | Value | Unit |
|-------------------------------------|-------|------|
| red lentils | 500 | g |
| onion | 100 | g |
| carrot | 100 | g |
| breadcrumbs | 100 | g |
| chicken eggs | 1 | pcs |
| almonds | 70 | g |
| ground red pepper | 3 | g |
| salt | 3 | g |
| freshly ground black pepper, ground | 1 | g |
| mixed peppers | 1 | pcs |
| yellow peppers | 1 | pcs |
| zucchini | 1 | pcs |
| aubergine | 1 | pcs |
| red onion | 1 | pcs |
| water | 1 | l |

Directions

Cook the lentils in water in a combi oven on steam mode 99°C until soft. Cut the onion, grate the carrot and add to the drained lentils with ground almonds and other ingredients.

We will prepare the meatballs, which we will then fry with a little oil in the Retigo convection oven on the hot air mode at 180°C until golden brown.

Cut the vegetables for grilling (eight zucchini rings, four eggplant rings), stack them on a cast-iron grill grate and place in a combi oven preheated to 230°C and grill for 8 minutes. Then take it out and put it in a dressing of oil, lemon juice, salt, pepper and herbs and mix.

Nutrition and allergens

Allergens: 1, 3, 8

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

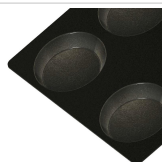
Vitamins: A, B, B6, C, Cholin, D, E, K, Kyselina listová

| Nutritional value of one portion | Value |
|----------------------------------|----------|
| Energy | 700.3 kJ |
| Carbohydrate | 109.3 g |
| Fat | 11.2 g |
| Protein | 35.6 g |
| Water | 0 g |

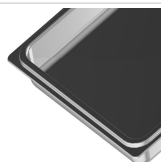
Recommended accessories



Vision Express Grill



Vision Snack



GN container Stainless steel full