

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