

Beluga lentil salad with spinach, bacon and baked potatoes

Cuisine: **Czech**

Food category: **Other**



Author: **Jan Malachovský**

Company: **Retigo**



Program steps

1 Steaming

Termination by time

00:20 hh:mm

99 °C

50 %



Ingredients - number of portions - 7

Name	Value	Unit
beluga lens	500	g
olive oil	30	ml
garlic	1	pcs
cabbage leaves, cleaned	50	g
fresh baby spinach	300	g
lime juice	10	ml
salt	1	g
bacon diced	200	g
potatoes	500	g
rosemary	10	g
freshly ground black pepper, ground	1	g

Directions

Boil the beluga until soft in water in a convection oven at 99°C steam mode.

Peel the clove of garlic, cut it into small cubes and fry it in oil. Bake the bacon in a convection oven without oil on the hot air mode at 180°C for about 6 minutes.

Cut the potatoes (type B) and cook them in a combi oven at 99°C for 15-20 minutes.

Then let it cool in a blast chiller or fridge, spread it on enamelled sheets, mix with oil, salt, pepper and chopped rosemary and bake at 180°C until golden.

Mix the ingredients for the salad, season with salt, pepper and olive oil and serve with baked potatoes.

Nutrition and allergens

Allergens:

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	543.3 kJ
Carbohydrate	48.2 g
Fat	26.4 g
Protein	22.1 g
Water	0 g

Recommended accessories



Vision Bake



GN container Stainless
steel full