

Grilled vegetables

Cuisine: **Czech**

Food category: **Vegetables**



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Company: **Retigo**



Program steps

1	Hot air	0 %	Termination by time	00:08 hh:mm	230 °C	100 %	
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Ingredients - number of portions - 10

Name	Value	Unit
mixed peppers	500	g
zucchini	500	g
mushrooms	500	g
aubergine	500	g
red onion	500	g
herbs	2	g
olive oil	250	ml
garlic	50	g
salt	2	g
freshly ground black pepper, ground	0.5	g

Directions

Wash the vegetables carefully and cut them into larger pieces. In the convection oven, we set the program mentioned above, insert the grill plate and select the Start button. After preheating, put the vegetables on the grill plate.

In the meantime, prepare a marinade of oil, garlic, herbs, salt and pepper. Put the finished vegetables immediately from the grill into the marinade and mix.

It is served as a side dish to fish, steaks, etc.

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	89.3 kJ
Carbohydrate	14.5 g
Fat	0.6 g
Protein	4.4 g
Water	0 g

Recommended accessories



Vision Express Grill