

Chicken skewer with vegetables

Cuisine: **Czech**

Food category: **Poultry**



Author: **Vlastimil Jaša**

Company: **Retigo**



Program steps

Preheating: **230 °C**

1	Hot air	0 %	Termination by time	00:08 hh:mm	220 °C	100 %	
2	Combination	60 %	Termination by time	00:12 hh:mm	155 °C	80 %	

Ingredients - number of portions - 10

Name	Value	Unit
chicken thighs	1500	g
english bacon	250	g
fresh peppers	250	g
onion	250	g
garlic	50	g
herbs	5	g
salt	3	g
olive oil	100	g
freshly ground black pepper, ground	0.5	g

Directions

We rinse the meat, clean the vegetables and cut everything into pieces, which we gradually impale on skewers. Season with freshly chopped herbs, olive oil, garlic rubbed with salt. We grill in a convection oven on a grill tray, which we insert into the chamber before starting the program.

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	478.4 kJ
Carbohydrate	4.8 g
Fat	37.3 g
Protein	30.6 g
Water	0 g

Recommended accessories



Vision Express Grill