

warm salad of roasted squash, pancetta and parmesan

Cuisine: Italian

Food category: Vegetables



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Company: Retigo



Program steps

Preheating: 190 °C

1 Hot air 100 % Termination by time 00:20 hh:mm 190 °C + 100 %

Ingredients - number of portions - 4

Name	Value	Unit
butternut squash	1	pcs
olive oil	80	ml
sea-salt	2	g
chili powder	1	pcs
caraway seeds	1	pcs
pancetta	8	pcs
fresh baby spinach	4	pcs
balsamic vinegar	20	ml
parmesan cheese	50	g
freshly ground black pepper, ground	1	g

Nutrition and allergens

Allergens: 7

Minerals: Ca, Cu, Fe, K, Mg, Mn, Na, P, Se, Zn

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

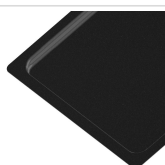
Nutritional value of one portion	Value
Energy	49.5 kJ
Carbohydrate	0.5 g
Fat	3.3 g
Protein	4.4 g
Water	0 g

Directions

Cut the butternut squash in half, keeping the seeds intact. Cut each half into quarters and lay in a enamelled GN container. Rub with a little olive oil. In a pestle and mortar pound up a flat teaspoon each of salt, pepper and your small dried red chilli and coriander seeds. Scatter this over the squash. Roast the squash until soft and golden. Allow to cool a little. Roast pancetta slices in Retigo combi for 10 minutes on combi mode 50%, 190°C.

Tear up your warm squash and put it on the plate, put sliced roasted pancetta, sprinkle over the seeds and the spinach. Drizzle over the olive oil and balsamic, add salt, pepper and peeled parmesan.

Recommended accessories



Vision Bake