

Warm green lentil salad with courgettes

Cuisine: **Czech**
Food category: **Vegetarian dishes**




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Company: **Retigo**



Program steps


Preheating: 99 °C


1


 Steaming

Termination by time

00:20 hh:mm


 99 °C


 50 %



2


take out the lentil and put courgettes and onion in


 Hot air


 100 %

Termination by time

00:10 hh:mm


 180 °C

 100 %




3


take out the courgettes and onion and blanch the curly cabbage


 Steaming

Termination by time

00:01 hh:mm

 99 °C

 50 %



Ingredients - number of portions - 10		
Name	Value	Unit
green lentil	500	g
zucchini	500	g
red onion	250	g
corn in a can	250	g
parsley	80	g
cabbage leaf, cleaned	500	g
extra virgin olive oil	200	ml
balsamic vinegar	65	ml
salt	1	g
freshly ground black pepper, ground	0.5	g

Nutrition and allergens

Allergens:
Minerals: Ca, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn
Vitamins: A, B, B6, C, E, K, Kyselina listová

Directions

Cook the lentils in the Retigo combi oven.

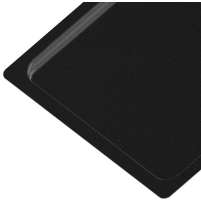
Cut the courgettes into a small cubes as well as the red onion, add olive oil, salt and pepper and roast according to the program. Then blanch the curly cabbage for 1 minute.

Make dressing out of olive oil, balsamic vinegar, salt and pepper.

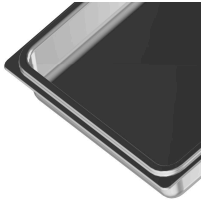
Combine cooked green lentils with canned corn, roasted courgettes with onion, add dressing and garnish with curly cabbage.

Nutritional value of one portion	Value
Energy	267.5 kJ
Carbohydrate	47 g
Fat	1.5 g
Protein	14.5 g
Water	0 g

Recommended accessories



Vision Bake



GN container Stainless steel full