

# 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

## 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.

## Nutrition and allergens

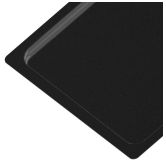
Allergens:

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

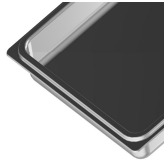
Vitamins: A, B, B6, C, E, K, Kyselina listová

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