

Roasted Zucchini with Bell Peppers

Cuisine: Chinese

Food category: Vegetables



Author: Gary CHIU

Company: Retigo Asia



Program steps

Preheating: 265 °C

1	Combination	30 %	Termination by time	05:00 mm:ss	250 °C	90 %	
---	-------------	------	---------------------	-------------	--------	------	--

Ingredients - number of portions - 10

Name	Value	Unit
zucchini	300	g
mixed peppers	150	g
yellow peppers	150	g

Name	Value	Unit
sea-salt	3	g
freshly ground black pepper, ground	5	g
olive oil	20	ml

Nutrition and allergens

Allergens:

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

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

Nutritional value of one portion	Value
Energy	18 kJ
Carbohydrate	2.8 g
Fat	0.2 g
Protein	0.7 g
Water	0 g

Directions

- ◊ Cut-off size of bell pepper and green zucchini, length 4cm x width 1cm
- ◊ Mix olive oil evenly before roasting, and cook directly on the griddle baking tray
- ◊ There is no need to preheat the baking pan, and the baking effect can be directly achieved at 250°C
- ◊ Roasted in a short period of time, the roasted texture is burnt, and the green zucchini has a high water content and a good taste
- ◊ Season after being out of the oven, otherwise the high temperature will roast the seasoning spices to give a burnt bitter taste
- ◊ Check grill pan can be changed into a variety of grilled vegetables, side dishes, main dishes

Recommended accessories



Vision Grill Diagonal



Vision Grill



Vision Express Grill