

# Grilled Creamy Asparagus

Cuisine: Chinese

Food category: Vegetables



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Company: Retigo Asia



## Program steps

Preheating: 265 °C

1 Combination 30 % Termination by time 04:00 mm:ss 250 °C 90 %

## Ingredients - number of portions - 10

Name	Value	Unit
green asparagus	500	g

Name	Value	Unit
crème fraîche	100	ml
lime juice	50	ml
sea-salt	5	g
freshly ground black pepper, ground	5	g
ground smoked paprika	3	g

## Directions

- ◇ Wash the whole plant of California asparagus, drain and set aside
- ◇ Cut off the hard stem at the tail end, the root skin at the back end is too hard, peel about 5cm
- ◇ Mix Californian asparagus and crème fraîche
- ◇ Baking at high temperature for a short time retains moisture and crispness to the maximum extent, and the color of the oven is emerald green

## Nutrition and allergens

Allergens:

Minerals: K, Mg

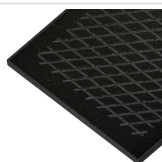
Vitamins: B6, C, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	16.9 kJ
Carbohydrate	1.4 g
Fat	0.4 g
Protein	1.6 g
Water	0 g

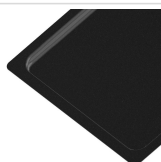
## Recommended accessories



Vision Grill Diagonal



Vision Grill



Vision Bake



Vision Express Grill