

Roasted Spiced Pleurotus eryngii

Cuisine: Chinese

Food category: Vegetables



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Company: Retigo Asia



Program steps

Preheating: 265 °C

1 Combination 30 % Termination by time 06:00 mm:ss 250 °C 90 %

Ingredients - number of portions - 10

Name	Value	Unit
King Oyster Mushroom	500	g

Name	Value	Unit
minced garlic	30	g
dried thyme	5	g
basil	5	g
freshly ground black pepper, ground	3	g
sea-salt	3	g
olive oil	20	ml

Directions

- ◇ Pleurotus eryngii, cut to size, length 4cm x width 1.5cm
- ◇ Mix olive oil evenly before roasting, put it on the baking tray and cook directly
- ◇ There is no need to preheat the baking pan, and the baking effect can be directly achieved at 250°C
- ◇ After absorbing oil, the mushrooms are baked at high temperature to achieve a crispy taste and air-fried effect
- ◇ Season after being out of the oven, otherwise the high temperature will roast the seasoning spices to give a burnt bitter taste

Nutrition and allergens

Allergens:

Minerals: Ca, Fe, K, Mg

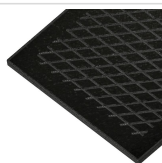
Vitamins: A, B6, C, D, E, K

Nutritional value of one portion	Value
Energy	23.9 kJ
Carbohydrate	2.2 g
Fat	0.2 g
Protein	2.1 g
Water	0 g

Recommended accessories



Vision Grill Diagonal



Vision Grill



Vision Express Grill