Garlic Chili Roasted Eggplant

Cuisine: **Chinese** Food category: **Vegetables**



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Program steps

Pr	eheating:	195 °C												
1	See Combin	ation	٥	60	%	Termination	ion by	mm:ss	8 ≎ 18	0	- 90	%	X	
						diffe				°C				

Ingredients - number of portions - 1

Name	Value	Unit
aubergine	300	g

seasoning recipe

Name	Value	Unit
minced garlic	100	g
mixed peppers	100	g
salt	3	g
shallot	10	g
oyster sauce	10	g
monosodium glutamate	3	g
caster sugar	3	g
ground white pepper	3	g
ground caraway	3	g
olive oil	300	ml

Nutrition and allergens

Allergens:

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

Nutritional value of one portion	Value
Energy	286.2 kJ
Carbohydrate	43.2 g
Fat	2.4 g
Protein	14.1 g
Water	0 g

Directions

 Do not cut the eggplant, soak it in white vinegar water for
5 minutes before roasting, it can keep the color of the skin
> Made with minced garlic and chili, stir-fry minced garlic, minced chili and seasoning in salad oil in sequence
> The whole eggplant is cooked in the oven, and then cut open after it comes out of the oven to keep the internal moisture

◇ Cut the eggplant and spread the seasoning, then return to the steam oven and continue to bake the seasoning for 3 minutes

Recommended accessories





