

Warm autumn salad with orzo

Cuisine: **Slovak**

Food category: **Side dishes**



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Company: **Retigo**



Program steps

Preheating: **215 °C**

1	Hot air	100 %	Termination by time	00:45 hh:mm	200 °C	100 %	
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Ingredients - number of portions - 10

Name	Value	Unit
orzo pasta or similiar	500	g
salt	5	g
water	1.5	l
olive oil	50	ml
red onion	2	pcs
boiled beets	3	pcs
carrot	2	pcs
zucchini	2	pcs
lemon peel	1	pcs
parsley	40	g
lime juice	1	pcs

Directions

1. Preheat the convection oven, put the orzo pasta in an enameled GN, cover with water, add salt and cover with a lid or lid and let it bake.
2. During baking, stack the chopped vegetables on the second enameled sheet or cast-iron grate and bake until golden. The baking time depends on the size of the vegetables.
3. Then remove the vegetables and season with salt. Let cool slightly.
4. Drain the excess water from the orzo after baking.
5. Mix all the ingredients in a bowl or in a food container and, if necessary we'll taste it.

Nutrition and allergens

Allergens: 1, 3

Minerals: Ca, 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	67.3 kJ
Carbohydrate	12.8 g
Fat	0 g
Protein	2.2 g
Water	0 g

Recommended accessories



Vision Grill



Enameled GN
container