


Grilled Asparagus

Cuisine: **English**
Food category: **Vegetables**



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Program steps

1	Steaming		Termination by time	00:01 hh:mm	99 °C	50 %	
2	Hot air	0 %	Termination by time	00:05 hh:mm	220 °C	100 %	

Ingredients - number of portions - 4

Name	Value	Unit
green asparagus	20	pcs
olive oil	5	ml

Nutrition and allergens

Allergens:
Minerals: Ca, Fe, K, Mg
Vitamins: A, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	0 kJ
Carbohydrate	0 g
Fat	0 g
Protein	0 g
Water	0 g

Directions

Blanch the asparagus on steam as above in the first program step.

Then place the Vision Express grill into the oven and pre-heat to 220oC.

Once pre-heated, brush a little olive oil on to the asparagus and season.

Then place the asparagus onto the Express grill and cook for 5 minuets.

Recommended accessories



Vision Express Grill



Vision Frit