

Grilled eggplant with saffron yogurt and chili

Cuisine: Other

Food category: Side dishes



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 Company: [Retigo](#)

Program steps

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Ingredients - number of portions - 10

Name	Value	Unit
aubergine	3	pcs
olive oil for greasing	20	ml
crushed or ground saffron	1.5	g
boiling water	30	ml
greek yogurt	250	ml
garlic oil	25	ml
salt	2	g
flat-leaf parsley	20	g
chili peppers cut into slices	6	pcs
Nigella seeds	5	g

Directions

Blanch the saffron with boiling water and let it infuse and cool. We preheat our premium convection oven and insert the vision grill plate inside to heat it up. Cut the eggplant into 1 cm thick slices and brush with olive oil. We put it on the grill and let it grill until soft for about 10 minutes to create a nice grill mosaic. Mix yogurt with saffron infusion, garlic oil and salt in a bowl. Arrange the grilled aubergine on a plate and sprinkle generously with yogurt, sprinkle with coarsely chopped parsley, chopped chili and finally sprinkle with nigella seeds.

Nutrition and allergens

Allergens:

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

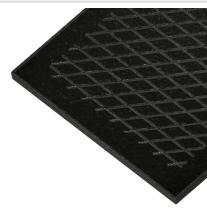
Vitamins: A, B, C, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	1.1 kJ
Carbohydrate	0.2 g
Fat	0 g
Protein	0.1 g
Water	0 g

Recommended accessories



Vision Grill Diagonal



Vision Grill