

Courgette gratin

Cuisine: Italian

Food category: Side dishes



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Company: Retigo



Program steps

Preheating: 180 °C

1 Hot air 75 % Termination by time 00:15 hh:mm 180 °C 100 %

Ingredients - number of portions - 4

Name	Value	Unit
olive oil	25	g
zucchini	800	g
a sprig of thyme	3	pcs
basil	4	pcs
crème fraîche	100	ml
milk 3.5%	50	ml
plain wheat flour	5	g
parmesan cheese	75	g
salt	3	g
freshly ground black pepper, ground	1	g

Nutrition and allergens

Allergens: 1, 7

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

Vitamins: A, B, B6, C, Cholin, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	172.7 kJ
Carbohydrate	7.6 g
Fat	11.2 g
Protein	8.7 g
Water	0 g

Directions

Preheat the oven to 180°C.

Put the olive oil in a large, lidded frying pan. Add the courgettes and herbs and season with salt and pepper.

Cover and cook gently for 10 minutes, stirring every so often, until the courgettes have softened slightly but are still al dente. The oil should have taken on a deep, rich green colour from the courgettes.

Transfer to a GN container. Whisk the crème fraîche, milk and flour together in a bowl and season with salt. Pour this mixture over the courgettes – it will not be enough to completely cover the courgettes, but this is fine – it will bubble up when cooking.

Sprinkle over the cheese. Bake in the oven for around 15 minutes, or until brown and bubbling.

Recommended accessories



Enameled GN container