

Grilled vegetables with feta

Cuisine: Greek

Food category: Side dishes



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Company: Retigo



Program steps

Preheating: 250 °C

| | | | | | | | |
|---|---------|-----|---------------------|----------------|--------|-------|--|
| 1 | Hot air | 0 % | Termination by time | 00:08 hh:mm | 220 °C | 100 % | |
|---|---------|-----|---------------------|----------------|--------|-------|--|

Ingredients - number of portions - 4

| Name | Value | Unit |
|-------------------------------------|-------|------|
| zucchini | 2 | pcs |
| aubergine | 1 | pcs |
| mixed peppers | 2 | pcs |
| red onion | 2 | pcs |
| sprig of parsley | 10 | g |
| feta cheese | 200 | g |
| salt | 1 | pcs |
| freshly ground black pepper, ground | 1 | g |
| olive oil | 100 | ml |
| lime juice | 35 | ml |
| yellow peppers | 1 | pcs |

Directions

Rinse courgettes, aubergine, coloured peppers and red onions. Cut courgettes and aubergine in about 1 cm slices, red onion in wedges and peppers in chunks. Place the vegetables on Retigo express grill and put into the preheated Retigo combi oven. Hot air 0%, 220C, 8 minutes. Meanwhile make the dressing for it. Mix vinegar or lemon juice with salt, freshly ground black pepper, fresh herbs (parsley, mint, rosemary, thyme) and olive oil all together. If the vegetables is not too sweet you can add a little bit of maple sirup into the dressing. After grilling combine the vegetables with the dressing and crumble the feta cheese over the top.

Nutrition and allergens

Allergens:

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 | 148.7 kJ |
| Carbohydrate | 0.7 g |
| Fat | 12.5 g |
| Protein | 8.6 g |
| Water | 0 g |

Recommended accessories



Vision Express Grill