

Beef mince kebabs

Cuisine: **Greek**
Food category: **Beef**



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Company: **Retigo**





Program steps


Preheating: 250 °C


1


 Hot air


 50 %

 Termination by time

 00:08
hh:mm

 195 °C

 100 %



Ingredients - number of portions - 4

Name	Value	Unit
olive oil	15	ml
ground beef	500	g
ground caraway	1	g
ground smoked paprika	1	g
salt	1	g
onion	1	pcs
freshly ground black pepper, ground	1	g

Nutrition and allergens

Allergens:
Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn
Vitamins: A, B, B6, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	279 kJ
Carbohydrate	0.3 g
Fat	21.4 g
Protein	21.4 g
Water	0 g

Directions

Mix the beef, cumin, paprika, salt and plenty of freshly ground black pepper together in a bowl. Divide the mince mixture into 8 portions and press each portion firmly onto flat skewers, each one around 10–12cm long.

Preheat the Retigo combi oven with Retigo express grill inside on hot air mode 50%, 250C, after preheating set the temperature to 195C and grill the lightly oiled kebabs for 8 minutes.

Add the onion wedges to the griddle for the last 3 minutes of the cooking time and griddle until lightly charred.

Serve with a dip to your choice.

Recommended accessories



Vision Express Grill