

Baked eggplant tower

Cuisine: **German**
Food category: **Vegetarian dishes**



Author: Retigo Team Deutschland

Company: RETIGO Deutschland GmbH



Program steps

Preheating: 200 °C

1

 Combination

 40 %

 Termination by time

 00:16 hh:mm

 180 °C

 60 %



Ingredients - number of portions - 10		
Name	Value	Unit
aubergine	2	pcs
zucchini	1	pcs
tomato	400	g
basil	10	g
olive oil	60	ml
parmesan cheese	400	g
rocket leaves	100	g
red onion	100	g
bruschetta salt mixture	10	g

Nutrition and allergens	
Allergens: 7 Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn Vitamins: A, B, C, D, E, K, Kyselina listová	
Nutritional value of one portion	Value
Energy	171.7 kJ
Carbohydrate	4.1 g
Fat	10.6 g
Protein	14.8 g
Water	0 g

Directions

Cut the eggplant into slices (0.5 – 0.75 cm).
Cut the zucchini and tomatoes into very thin slices and cut the onions into thin rings.

Now build towers on a coated turning plate as follows, and press everything together firmly when stacking:

From bottom to top:

- Aubergine//
- Zucchini//
- Onion//
- Olive oil//
- Seasoning//
- Arugula//
- Zucchini//
- Onion//
- Tomato//
- Parmesan//
- Basil//
- Aubergine//

Press together firmly and continue stacking:

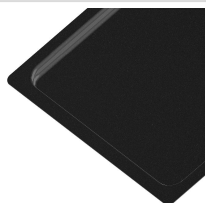
- Zucchini//
- Onion//
- Olive oil//
- Seasoning//
- Arugula//
- Zucchini//
- Onion//
- Tomato//
- Parmesan//
- Basil//
- Aubergine//

Then press them together again firmly.

Tomato and grated Parmesan are added on top.

Bake in the preheated combi steamer using the program described below.

Recommended accessories



Vision Bake