

Cheese soufflé with zucchini noodles

Cuisine: **German**

Food category: **Vegetarian dishes**



Author: **Retigo Team Deutschland**

Company: **RETIGO Deutschland GmbH**



Program steps

1	Zucchini anbraten	Hot air	100 %	Termination by time	00:10 hh:mm	200 °C	70 %	
2	Tomatenmark, Tomaten, Brühe und Gewürze zugeben, umrühren und schmoren	Hot air	100 %	Termination by time	00:10 hh:mm	200 °C	100 %	
3	gerieben Parmesan hinzugeben, umrühren, ggf. abschmecken	Hot air	0 %	Termination by time	00:07 mm:ss	200 °C	60 %	
4	Nudeln aus dem Kombidämpfer nehmen, Soufflé backen	Combination	30 %	Termination by time	00:40 hh:mm	130 °C	100 %	

Ingredients - number of portions - 0

Name	Value	Unit
zucchini	1	pcs
tomato	2	pcs
tomato paste	20	g
vegetable broth	50	ml
parmesan cheese	50	g
salt	3	g
whole black pepper	1	g
olive oil	20	ml
garlic cloves, finely chopped	0.5	pcs

Name	Value	Unit
butter soft	75	g
plain wheat flour	75	g
milk 3.5%	380	ml
parmesan cheese	140	g
chicken eggs	4	pcs
salt	3	g

Directions

Place the olive oil in a coated GN container or, if there are a few portions, in a Retigo Pan. Using a vegetable peeler, cut the zucchini into thin strips and add them. Fry the zucchini in hot air mode at 200°C for 10 minutes.

Then stir through, add tomato paste, tomatoes, garlic and stock and continue simmering for another 10 minutes. Remove the container, stir well, add the Parmesan and spices, season to taste and keep warm. For the soufflé, make a béchamel from butter, flour and milk and season it with the spices.

Separate the eggs, stir the egg yolks and Parmesan into the still warm béchamel and set aside. Beat the egg white until stiff and fold in.

Pour the mixture into previously buttered and floured molds, not too high.

Bake in a preheated combi steamer in combi steaming mode at 130°C, 40% fan speed, cycled fan, 30% humidity for approx. 40 minutes.

Top with the zucchini noodles and serve immediately.

Name	Value	Unit
whole black pepper	1	g
nutmeg	1	g

Nutrition and allergens

Allergens: 1, 3, 7
Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn
Vitamins: A, B, C, Cholin, D, E, K, Kyselina listová

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

Recommended accessories



Vision Pan