

# Grilled vegetable skewers

Cuisine: French

Food category: Vegetarian dishes



Author: Vlastimil Jaša

Company: Retigo



## Program steps

Preheating: 230 °C

1 Hot air 0 % Termination by time 00:08 hh:mm 230 °C 100 %

## Ingredients - number of portions - 10

Name	Value	Unit
zucchini	400	g
fresh peppers	400	g
aubergine	400	g
fresh mushrooms like seps, button, shitake, etc.	400	g
red onion	400	g
herbs	5	g
garlic	50	g
salt	12	g
caster sugar	6	g
olive oil	110	g

## Directions

Clean all the vegetables, cut them into pieces and gradually skewer them. Season with freshly chopped herbs, garlic rubbed with salt, sugar and olive oil.

We grill in a convection oven on a grill tray, which we insert into the chamber before starting the program.

## Nutrition and allergens

Allergens:

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	158.8 kJ
Carbohydrate	10.9 g
Fat	10.6 g
Protein	4 g
Water	0 g

## Recommended accessories



Vision Express Grill