

# Roasted Zucchini with Bell Peppers

Cuisine: **Chinese**  
Food category: **Vegetables**

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## Program steps

Preheating: 265 °C

1

 Combination

 30 %

 Termination by time

 05:00 mm:ss

 250 °C

 90 %



| Ingredients - number of portions - 10 |       |      |
|---------------------------------------|-------|------|
| Name                                  | Value | Unit |
| zucchini                              | 300   | g    |
| mixed peppers                         | 150   | g    |
| yellow peppers                        | 150   | g    |

| Name                                | Value | Unit |
|-------------------------------------|-------|------|
| sea-salt                            | 3     | g    |
| freshly ground black pepper, ground | 5     | g    |
| olive oil                           | 20    | ml   |

| Nutrition and allergens                                                                                                     |       |
|-----------------------------------------------------------------------------------------------------------------------------|-------|
| Allergens:<br>Minerals: Ca, Cu, Fe, I, K, Mg, Mn, Na, P, Se, Zn<br>Vitamins: A, B, B6, C, Cholin, D, E, K, Kyselina listová |       |
| Nutritional value of one portion                                                                                            | Value |
| Energy                                                                                                                      | 18 kJ |
| Carbohydrate                                                                                                                | 2.8 g |
| Fat                                                                                                                         | 0.2 g |
| Protein                                                                                                                     | 0.7 g |
| Water                                                                                                                       | 0 g   |

Directions

◇ Cut-off size of bell pepper and green zucchini, length 4cm x width 1cm

◇ Mix olive oil evenly before roasting, and cook directly on the griddle baking tray

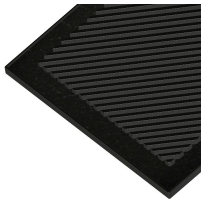
◇ There is no need to preheat the baking pan, and the baking effect can be directly achieved at 250°C

◇ Roasted in a short period of time, the roasted texture is burnt, and the green zucchini has a high water content and a good taste

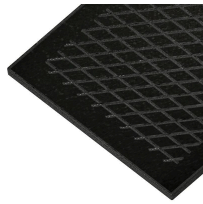
◇ Season after being out of the oven, otherwise the high temperature will roast the seasoning spices to give a burnt bitter taste

◇ Check grill pan can be changed into a variety of grilled vegetables, side dishes, main dishes

## Recommended accessories



Vision Grill Diagonal



Vision Grill



Vision Express Grill