

Baked tilapia on vegetables with salty cheese

Cuisine: Middle-East
Food category: Fish





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Company: Retigo

Program steps

Preheating: 215 °C

1

 Combination

 40 %

 Termination by time

 00:35 hh:mm

 200 °C

 100 %



Ingredients - number of portions - 10

Name	Value	Unit
tilapia fillet	10	pcs
garlic	2	pcs
tomato	10	pcs
fresh peppers	6	pcs
zucchini	5	pcs
carrot	10	pcs
olive oil	10	ml
red onion	10	pcs
feta cheese	0.5	kg
lime juice	10	ml
salt	5	g
freshly ground black pepper, ground	3	g
spices for fish	3	g

Directions

First, wash and cut the vegetables into cubes roughly 3 cm in size. We put them in an enamel baking tray. Crumble feta or Balkan cheese over the vegetables and mix everything lightly. Next, place the fish fillets on the mixture, sprinkle with spices, salt and pepper. Drizzle with lemon juice. (If you like, you can add grated cheese on top of the fish, which will spread while baking.) Cut the garlic in half and drizzle with olive oil. Add to the tray and drizzle everything with olive oil. Preheat the convection oven to 215 °C and bake for 35 minutes at 200 °C.

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	148.3 kJ
Carbohydrate	0.6 g
Fat	12.5 g
Protein	8.6 g
Water	0 g

Recommended accessories



Vision Pan



Enameled GN container