

# Aubergine, tomato & Parmesan bake

Cuisine: **Italian**  
Food category: **Vegetarian dishes**



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Company: **Retigo**



Program steps

Preheating:

250 °C

|   |                                                                                           |                                                                                       |                                                                                                       |                                                                                               |                                                                                            |                                                                                           |                                                                                     |
|---|-------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| 1 |  Hot air |  0 % |  Termination by time |  00:05 hh:mm |  240 °C |  100 % |  |
| 2 |  Hot air |  0 % |  Termination by time |  00:15 hh:mm |  180 °C |  100 % |  |

| Ingredients - number of portions - 8 |       |      |
|--------------------------------------|-------|------|
| Name                                 | Value | Unit |
| aubergine                            | 4     | pcs  |
| Garlic cloves                        | 2     | pcs  |
| olive oil                            | 10    | ml   |
| can of crushed tomatoes              | 2     | pcs  |
| tomato puree                         | 150   | g    |
| parmesan cheese                      | 85    | g    |
| Fresh basil leaves                   | 10    | pcs  |
| egg                                  | 1     | pcs  |

| Nutrition and allergens                                                                                                                     |         |
|---------------------------------------------------------------------------------------------------------------------------------------------|---------|
| Allergens: 3, 7<br>Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Ph, Se, Zn<br>Vitamins: A, B, C, Cholin, D, E, K, Kyselina listová |         |
| Nutritional value of one portion                                                                                                            | Value   |
| Energy                                                                                                                                      | 62.7 kJ |
| Carbohydrate                                                                                                                                | 4.8 g   |
| Fat                                                                                                                                         | 2.9 g   |
| Protein                                                                                                                                     | 4.1 g   |
| Water                                                                                                                                       | 0 g     |

Directions

Make a tomato sauce with the garlic, chopped tomatoes and tomato puree.

Set the Retigo for the first stage listed above and place the Vision Express Grill tray in the oven.

Slice the aubergine length ways and brush with olive oil and season, when ready, place these in the Retigo oven.

Place a layer of the grilled aubergines in a large Vision pan, then cover with some tomato sauce and some basil leaves and some grated Parmesan cheese.

Then repeat this process and finish by pouring over a beaten egg and finally sprinkle over Parmesan cheese.

Then manually select the 2nd program above and place the Vision pan into the Retigo oven.

## Recommended accessories



Vision Pan



Vision Express Grill