

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
Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Ph, Se, Zn
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