

# The Veggie One

Cuisine: **Other**

Food category: **Vegetarian dishes**



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Company: **Retigo UK**

## Program steps

1	Hot air	0 %	Termination by time	00:30 hh:mm	180 °C	60 %	
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## Ingredients - number of portions - 0

Name	Value	Unit
Beetroot	200	g
Garlic	10	g
Ginger	5	g
Chili flakes	2	g
Salt	10	g
Cucumbers	150	g
Vinegar	100	g
Sugar	20	g
Smoked cheddar	100	g
Grilled halloumi	150	g
Sour cream	100	g
Chives	10	g

## Nutrition and allergens

Allergens: Milk

Minerals: , 13 mg, 24 mg, 35mg, 8mg, Calcium, Calcium: 23mg, Calcium: 83 mg, Iron, Iron: 0, Iron: 1, Magnesium, Magnesium: 18 mg, Magnesium: 23mg, Phosphorus, Phosphorus: 34 mg, Phosphorus: 40mg, Potassium, Potassium: 296 mg, Potassium: 325mg, Sodium, Sodium: 3 mg, Sodium: 38758 mg, Sodium: 78mg, Zinc, Zinc: 0  
 Vitamins: , 1 mg, 1mg, 5 µg, 9mg, A, B12, Folate, Folate: 109mcg, Folate: 58 µg, Niacin, Thiamin, Vitamin A: 356 IU, Vitamin B6, Vitamin B6: 0, Vitamin C, Vitamin C: 4, Vitamin C: 58, Vitamin K: 212

Nutritional value of one portion	Value
Energy	0 kJ
Carbohydrate	0 g
Fat	0 g
Protein	0 g
Water	0 g

## Directions

1. Begin by preparing the beetroot kimchi. Combine grated beetroot with garlic, ginger, chili flakes, and salt in a bowl. Allow to ferment for 2-3 days in a cool place, or use a quick pickle method by letting it sit in vinegar for at least 1 hour.
2. For the pickled cucumber, slice cucumbers thinly and submerge them in a mixture of vinegar, sugar, and salt. Let them sit for at least 30 minutes.
3. Preheat the combi oven to 180°C and set the fan speed to 60%.
4. Slice the smoked cheddar and grilled halloumi into thick pieces. Place the halloumi on the griddle over medium heat until golden and crispy on both sides, about 3-4 minutes per side.
5. Once the halloumi is done, assemble your dish: layer the smoked cheddar, grilled halloumi, beetroot kimchi, and pickled cucumber on a plate.
6. For the sour cream and chive dip, mix sour cream with finely chopped chives, salt, and pepper to taste.
7. Serve the assembled veggie dish with a generous dollop of the sour cream and chive dip on the side. Enjoy your meal!
8. please refer to cookbook for burger bun recipe