

Grilled vegetables with feta

Cuisine: **Greek**
Food category: **Side dishes**



Author: Jaroslav Mikoška

Company: Retigo



Program steps

Preheating: 250 °C

1

 Hot air

 0 %

 Termination by time

 00:08
hh:mm

 220 °C

 100 %



Ingredients - number of portions - 4		
Name	Value	Unit
zucchini	2	pcs
aubergine	1	pcs
mixed peppers	2	pcs
red onion	2	pcs
sprig of parsley	10	g
feta cheese	200	g
salt	1	pcs
freshly ground black pepper, ground	1	g
olive oil	100	ml
lime juice	35	ml
yellow peppers	1	pcs

Directions

Rinse courgettes, aubergine, coloured peppers and red onions. Cut courgettes and aubergine in about 1 cm slices, red onion in wedges and peppers in chunks. Place the vegetables on Retigo express grill and put into the preheated Retigo combi oven. Hot air 0%, 220C, 8 minutes. Meanwhile make the dressing for it. Mix vinegar or lemon juice with salt, freshly ground black pepper, fresh herbs (parsley, mint, rosemary, thyme) and olive oil all together. If the vegetables is not too sweet you can add a little bit of maple sirup into the dressing.

After grilling combine the vegetables with the dressing and crumble the feta cheese over the top.

Nutrition and allergens	
Allergens: Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn Vitamins: A, B, B6, C, Cholin, D, E, K, Kyselina listová	
Nutritional value of one portion	Value
Energy	148.7 kJ
Carbohydrate	0.7 g
Fat	12.5 g
Protein	8.6 g
Water	0 g

Recommended accessories



Vision Express Grill