

Roast Mediterranean Vegetables



eikon® e4

02:00

This recipe is available for:

- eikon® e3
- eikon® e2s SP (1000W)
- eikon® e2s HP (2000W)
- eikon® e4

Accessories:

e4 Frame for PSA299 to catch grease DV0343
e4 Cook Plate ideal for grilling and higher protein food PSA299

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- 275 °C
- Chilled 4°C
- 1 Full Tray
- From Raw

Stage 1

- 02:00
- 100 %
- 50 %

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Ingredients

- 100 g Red Pepper
- 100 g Courgette / Zucchini
- 100 g Aubergine / Eggplant
- 10 ml Vegetable Oil

1. Food Preparation

Slice 1 cm / 0,4 inch thick and mix them with the oil. Lay out evenly on the plate.

2. Cooking Instruction

Cook as per oven profile.

3. Food Serving Instruction

Remove the cooked food from the plate and serve.