

Roasted Brussel Sprouts



eikon® e2s

01:45

This recipe is available for:

- eikon® e2s HP (2000W)

Accessories:

e1s/e2s Full Size Cooking Tray 32Z4080 (Black), 32Z4100 (Red), 32Z4093 (Green), 32Z4101 (Blue)

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- 275 °C
- Chilled 4°C
- 1 Portion
- From Raw

Stage 1

- 01:45
- 100 %
- 100 %

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Ingredients

226.8	g	Fresh Brussel Sprouts, halved
29.57	ml	Olive Oil
1	pinch	Salt & Black Pepper

1. Food Preparation

Mix the Brussels sprouts with the oil and season to taste with salt and pepper. Lay out evenly on the tray.

2. Cooking Instruction

Cook as per oven profile.

3. Food Serving Instruction

Remove the cooked food from the tray and serve.