


Roast Mediterranean Vegetables



eikon® e2s

 02:00





This recipe is available for:

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




Accessories:

e2s Griddled Cook Plate PSB3117 Ovens
purchased before January 2019, DB0719 Ovens
purchased from January 2019.

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

Stage 1

-  02:00
-  100 %
-  30 %

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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.