

## 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

PROFILE

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

Stage 1

- 02:00
- 100 %
- 50 %

RECIPE

### 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.