

Roast Mediterranean Vegetables



eikon® e3

02:30

This recipe is available for:

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

Accessories:

- e3 Flat Turn-table Plate 40H0347
- e3 Griddled Insert for Turn-table Plate 40H0240

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

Stage 1

- 02:30
- High
- 75 %

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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 grill tray.

2. Cooking Instruction

Cook as per oven profile.

3. Food Serving Instruction

Remove the cooked food from the tray and serve.