

Roasted Vegetables



 17:20




This recipe is available for:

- Convotherm mini

Accessories:

2/3 GN, Grill grate with bar pattern, non-stick coating, 3012004

P R O F I L E

-  Ambient
-  1 Full Tray
-  From Raw

Stage 1
220 °C

-  Convection
-  00:08 | -
-  2

R E C I P E

Ingredients

1	each	Courgettes
1	pcs	Asparagus Bunch
1	each	Red Pepper
1	each	Yellow Pepper
2	each	Red Onion (Small)
1	tsp	Salt
1	tsp	Pepper

1. Food Preparation

Wash & dry all vegetables, peel the onion and slice into ½ inch circles, slice courgettes at an angle also ½ inch thick, deseed the peppers and slice into large pieces, cut any white stem off the base of the asparagus and discard.

2. Cooking Instruction

Lightly oil & season all the vegetables, and place on to a cold griddle tray.

3. Food Serving Instruction

Serve as a side dish or as a base for any Fish or Meat also can be combined in pasta dishes with a sauce or pesto.