



Baked vegetables

食谱作者 V-ZUG 瑞族



制备过程	30 分钟
烘烤的时间	30 分钟
时间：烘烤时间取决于机器	
份	4
电器	Combair SE 自 2015 年

Preparation

- 2 heads of fennel
- 1 Spanish onion
- 1 courgette
- 1 beetroot, small, raw
- 1 celery, small
- 2 carrots
- 6 champignons
- Olive oil
- Salt
- Pepper

Cut the fennel and onion into eighths lengthwise. Top, tail and peel the courgette, beetroot, celery and carrots, then cut into large chunks. Wash, trim and quarter the champignons.

Marinate the vegetables (all but the beetroot) in oil, salt and pepper and spread out on the lined baking tray. Marinate the beetroot separately and put it also on the tray. Put the baking tray into the cold cooking space. Bake.

在 湿热风 期间为 **220 30 分钟**°C

配件

Baking tray

