Baked vegetables

Recipe by V-ZUG Ltd.



Preparation	
Cooking time	
Portions	4

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.

Hot air humid 220 °C for 30 Mins

Accessories

Baking tray

Additional information

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