



Baked vegetables

מתכון מאת V-ZUG Ltd.



Preparation	30 Mins
Cooking time	30 Mins
מנות	4
התקן	Combair SEP from 2015

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

אביזרים

Baking tray

מידע נוסף

הופק ביום

11.12.2019

