Mediterranean vegetables

מתכון מאת V-ZUG Ltd.



Preparation	20 Mins
Cooking time	15 Mins
מנות	4
התקן	Combair-Steam SL from 2015

Preparation

2 courgettes

300 g tomatoes, San Marzano

1 aubergine

2 sprigs of thyme

2 sprigs of rosemary

Cut the stalks off the top of the courgettes, then cut the vegetables into sticks 4 cm long and 1 cm thick. Cut the stalks out of the tomatoes, then cut them into wedges. Top and tail the aubergine, quarter lengthways, then cut crosswise into 2 cm wide chunks.

Place the vegetables in the perforated cooking tray. Pick the rosemary and thyme leaves off the sprigs and scatter over. Put the cooking tray into the cold cooking space. Steam.

Steaming 100 °C for 15 Mins

Salt

Pepper

Olive oil

Take the vegetables out of the cooking space, season with salt and pepper to taste, then drizzle with olive oil.

אביזרים

Perforated cooking tray

מידע נוסף

הופק ביום	11.12.2019