Courgette soufflé

מתכון מאת V-ZUG Ltd.



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

Preparation

1 tbsp olive oil

600 g courgette

3 spring onions

1 clove of garlic

8 tomatoes, dried, preserved in oil

1 tsp rosemary, fresh

¾ tsp herb salt

Pepper

Halve the courgettes lengthwise and then cut into 1 cm thick slices. Finely slice the spring onions with the green tops into rings. Crush the clove of garlic.

Warm the oil in a non-stick frying pan. Add the courgette, spring onion and garlic and fry briefly.

Drain the dried tomatoes well and chop into thin strips. Chop the rosemary and mix together with the tomatoes and the other ingredients, season and turn into the porcelain dish.

200 ml milk

50 ml cream

2 eggs

50 g Sbrinz cheese, grated

Salt

Pepper

Nutmeg, ground

Mix all the ingredients together well and season with salt, pepper and nutmeg to taste. Pour the sauce over the vegetables.

Put the porcelain dish on the wire shelf at level 2 in the cold cooking space. Bake.

Hot air 180 °C for 30 Mins

אביזרים

Wire shelf

Porcelain dish ½ GN, depth 65 mm

מידע נוסף

הופק ביום	11.12.2019