

# Warm green lentil salad with courgettes

Cuisine: Czech

Food category: Vegetarian dishes



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Company: Retigo



## Program steps

Preheating: 99 °C

|   |  |                     |                     |       |       |        |         |
|---|--|---------------------|---------------------|-------|-------|--------|---------|
| 1 | Steaming   | Termination by time | 00:20               | hh:mm | 99 °C | + 50 % |         |
| 2 | take out the lentil and put courgettes and onion in            |                     |                     |       |       |        |         |
|   | Hot air  | 100 %               | Termination by time | 00:10 | hh:mm | 180 °C | + 100 % |
| 3 | take out the courgettes and onion and blanch the curly cabbage |                     |                     |       |       |        |         |
|   | Steaming   | Termination by time | 00:01               | hh:mm | 99 °C | + 50 % |         |

## Ingredients - number of portions - 10

| Name                                    | Value | Unit |
|---|-------|------|
| green lentil                            | 500   | g    |
| zucchini                                | 500   | g    |
| red onion                               | 250   | g    |
| corn in a can                           | 250   | g    |
| sprig of parsley                        | 80    | g    |
| cabbage leaf, cleaned and cut in strips | 500   | g    |
| extra virgin olive oil                  | 200   | ml   |
| balsamic vinegar                        | 65    | ml   |
| salt                                    | 1     | g    |
| ground black pepper, ground             | 0.5   | g    |

## Nutrition and allergens

Allergens:

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, B6, C, E, K, Kyselina listová

| Nutritional value of one portion | Value    |
|----------------------------------|----------|
| Energy                           | 254.4 kJ |
| Carbohydrate                     | 47 g     |
| Fat                              | 1.6 g    |
| Protein                          | 14.6 g   |
| Water                            | 0 g      |

## Directions

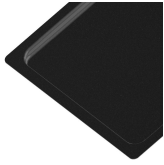
Cook the lentils in the Retigo combi oven.

Cut the courgettes into a small cubes as well as the red onion, add olive oil, salt and pepper and roast according to the program. Then blanch the curly cabbage for 1 minute.

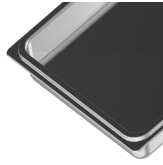
Make dressing out of olive oil, balsamic vinegar, salt and pepper.

Combine cooked green lentils with canned corn, roasted courgettes with onion, add dressing and garnish with curly cabbage.

## Recommended accessories



Vision Bake



GN container Stainless  
steel full