

Warm autumn salad with tarragon

Cuisine: **Slovak**
Food category: **Side dishes**



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Company: **Retigo**



Program steps

Preheating: 215 °C

1

 Hot air

 100 %

 Termination by time

 00:45 hh:mm

 200 °C

 100 %



Ingredients - number of portions - 10

Name	Value	Unit
egg barley	500	g
salt	5	g
water	1.5	l
olive oil	50	ml
red onion	2	pcs
boiled beets	3	pcs
carrot	2	pcs
zucchini	2	pcs
lemon peel	1	pcs
sprig of parsley	40	g
lemon juice	1	pcs

Nutrition and allergens

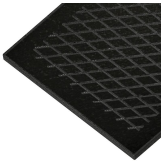
Allergens: 1, 3
Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn
Vitamins: A, B, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	60.7 kJ
Carbohydrate	12.9 g
Fat	0 g
Protein	2.2 g
Water	0 g


Directions

1. Preheat the convection oven, put the tarragon in an enameled GN, cover with water, add salt and cover with a lid or lid and let it bake.
2. During baking, stack the chopped vegetables on the second enameled sheet or cast-iron grate and bake until golden. The baking time depends on the size of the vegetables.
3. Then remove the vegetables and season with salt. Let cool slightly.
4. Drain the excess water from the tarragon after baking.
5. Mix all the ingredients in a bowl or in a food container and, if necessary we'll taste it.

Recommended accessories



Vision Grill



Enameled GN container