



STEWED VEGETABLES



Tested on model:
CDT-111E



Weight before cooking:
6.860 g
Weight after cooking:
5.460 g



Servings:
40



Recommended tray or
grill:
5 nonstick t. GN 1/1
20 mm



Total time:
28'

PHASE									
1		0%	185°	15'	---	---	H	YES	O
2		20%	165°	13'	---	---	L	YES	C
3									
4									
5									
6									

INGREDIENTS

Courgettes: 1.380 g
Aubergines: 1.640 g
Red and yellow peppers: 2.260 g
White onion: 200 g
Cherry tomatoes: 1.000 g
Fresh basil: 120 g
Extra virgin olive oil: 160 g
Salt and pepper: 100 g

PREPARATION

Accurately wash and dry the vegetables.

Roughly chop onion and cut the other vegetables into 3 cm-thick cubes and finely julienne the parsley.

Start the cooking program. Season the vegetables with salt, oil and parsley, spread them evenly on the trays and put in the oven. Cook following the parameters.

Use as side dish or to decorate meats or fish.