Retigo Combionline | Cookbook | **Vegetables** 10. 4. 2023

# **Grilled Creamy Asparagus**

Cuisine: Chinese

Food category: Vegetables



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Company: Retigo Asia



### Program steps

Preheating:

265 °C

1 **%** Combination













Ingredients	_	number	of	portions	_	10
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Name	Value	Unit
green asparagus	500	g

Name	Value	Unit
crème fraîche	100	ml
lime juice	50	ml
sea-salt	5	g
freshly ground black pepper, ground	5	g
ground smoked paprika	3	g

#### Directions

 $\diamondsuit$  Wash the whole plant of California asparagus, drain and set aside

°C

- ♦ Cut off the hard stem at the tail end, the root skin at the back end is too hard, peel about 5cm
- Mix Californian asparagus and crème fraiche
- ♦ Baking at high temperature for a short time retains moisture and crispness to the maximum extent, and the color of the oven is emerald green

#### Nutrition and allergens

Allergens:

Minerals: K, Mg

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

Nutritional value of one portion	Value	
Energy	16.9 kJ	
Carbohydrate	1.4 g	
Fat	0.4 g	
Protein	1.6 g	
Water	0 g	

## Recommended accessories







