

Grilled Asparagus

Cuisine: English
Food category: Vegetables



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Company: Retigo



Program steps

1	Steaming		Termination by time	00:01	hh:mm	99	°C	50	%	
2	Hot air	0	% Termination by time	00:05	hh:mm	220	°C	100	%	

Ingredients - number of portions - 4

Name	Value	Unit
green asparagus	20	pcs
olive oil	5	ml

Nutrition and allergens

Allergens:
Minerals: Ca, Fe, K, Mg
Vitamins: A, C, D, E, K, Kyselina listová

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

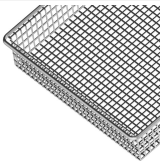
Directions

Blanch the asparagus on steam as above in the first program step. Then place the Vision Express grill into the oven and pre-heat to 220oC.
Once pre-heated, brush a little olive oil on to the asparagus and season.
Then place the asparagus onto the Express grill and cook for 5 minuets.

Recommended accessories



Vision Express Grill



Vision Frit