

Frittata with Eggplant

Cuisine: **German**
Food category: **Vegetarian dishes**



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Program steps

1	Gemüse grillen auf geschlossener Grillplatte						
	 Combination	 10 %	 Termination by time	 00:05 hh:mm	 220 °C	 70 %	
2	Zwiebel und Knoblauch anschwitzen in der Retigo Pan						
	 Combination	 10 %	 Termination by time	 00:05 hh:mm	 220 °C	 70 %	
3	Aubergine, Zucchini, Eimasse und Tomaten zugeben						
	 Combination	 10 %	 Termination by time	 00:10 hh:mm	 220 °C	 70 %	
4							
	 Hot air	 0 %	 Termination by time	 00:10 hh:mm	 160 °C	 80 %	

Ingredients - number of portions - 4

Name	Value	Unit
aubergine	1	pcs
zucchini	2	pcs
onion	2	pcs
garlic cloves, finely chopped	2	pcs
tomato	2	pcs
olive oil	40	ml
chicken eggs	8	pcs
salt	6	g
whole black pepper	2	g
chili pepper	6	g
yogurt	200	g
parmesan cheese	200	g

Nutrition and allergens

Allergens: 3, 7
Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn
Vitamins: A, B, C, D, E, K, Kyselina listová

Directions

The classic dish can be adapted in many ways and is quick and easy to prepare. This variant with grilled vegetables has the advantage that all steps take place in the same environment, thus succeeding perfectly in the combi-timer mode.

Cut the eggplant into 0.5 cm thick slices, salt, and sweat, then pat dry the moisture. Also cut the zucchini into slices. Brush the vegetable slices with a little olive oil and grill them on a closed grill plate in the preheated combi steamer at 220°C in the combi pot with 10% humidity and 70% fan speed for 5 minutes.

For the frittata, it is best to use the Retigo Pan - small non-stick serving pans made of aluminum with a Lotan® coating, in which it can be prepared in portions and served directly. In this small serving pan, you can also sauté onions and garlic - both finely diced - with a little olive oil in the same environment for about 5 minutes.

Beat the eggs with the spices, grated cheese, and yogurt. Add the grilled vegetables to the serving pan, pour the egg mixture over it, add the diced tomatoes, and let it set in the same environment for 10 minutes, then finish baking for another 10 minutes with the steam vent open (to reduce the moisture from the fresh tomatoes), finally decorate with

Nutritional value of one portion	Value
Energy	230.1 kJ
Carbohydrate	3.8 g
Fat	15 g
Protein	19.6 g
Water	0 g

fresh herbs and serve directly in the hot pan. The exact cooking time depends on the size and depth of the pan.

Program summary:

220 °C combi steam, 10% humidity, 70% fan speed

Grill vegetables for 5 minutes //

Sauté onions + garlic for 5 minutes //

Add grilled vegetables, egg mixture, tomatoes //

Let set for 10 minutes.

Open steam vent, finish cooking for another 10 minutes depending on the size of the pan.

Tip: this simple dish can be easily prepared in advance (grill vegetables, sauté onions) and finished in a short time as needed in the combi timer.

Recommended accessories

