Retigo Combionline | Cookbook | **Fish** 19. 6. 2023

Baked tilapia on vegetables with salty cheese

Cuisine: **Middle-East** Food category: **Fish**





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Program steps

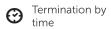
Preheating:

215 °C

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Ingredients -	number	of	portions	_	10

Name	Value	Unit	
tilapia fillet	10	pcs	
garlic	2	pcs	
tomato	10	pcs	
fresh peppers	6	pcs	
zucchini	5	pcs	
carrot	10	pcs	
olive oil	10	ml	
red onion	10	pcs	
feta cheese	0.5	kg	
lime juice	10	ml	
salt	5	g	
freshly ground black pepper, ground	3	g	
spices for fish	3	g	

Nutrition and allergens

Allergens:

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, B6, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value	
Energy	148.3 kJ	
Carbohydrate	0.6 g	
Fat	12.5 g	
Protein	8.6 g	
Water	0 g	

Directions

First, wash and cut the vegetables into cubes roughly 3 cm in size. We put them in an enamel baking tray.

Crumble feta or Balkan cheese over the vegetables and mix everything lightly.

Next, place the fish fillets on the mixture, sprinkle with spices, salt and pepper.

Drizzle with lemon juice.

(If you like, you can add grated cheese on top of the fish, which will spread while baking.)

Cut the garlic in half and drizzle with olive oil.

Add to the tray and drizzle everything with olive oil. Preheat the convection oven to 215 °C and bake for 35 minutes at 200 °C.

Recommended accessories



