Grilled Veg

Prepared med veg roasted and finished on order.



Starter Pan or with the guest's meal of choice.

INGREDIENTS

FRESH

- 300g Butternut, cut into cubes
- 350g Zucchini, cut into cubes
- 150g Red pepper, cut into cubes
- 150g Green pepper, cut into cubes
- 50g White onion, cut into cubes
- 100ml Vegetable oil per 1kg
- 15g Seasoning

PREPARED

- 200g Prepared Med veg
- 5ml Vegetable oil

1 SERVING IS A 200G PORTION

METHOD

1. Prepare and cut the fresh vegetables.
2. Preheat your oven to 180°C. Place the raw med veg on a baking tray.
3. Pour the vegetable oil over the veg and season.
4. Mix together so that all the veg are coated in oil and seasoning.
5. Roast at 180°C for 25-35 minutes.
6. Cool the vegetables down and portion into 200g portions.
7. Label and date and store in the fridge until needed. Use within 2 days.
8. Prepare 200g portion on order by heating on the flat top grill using 5ml vegetable oil.
9. Turn occasionally to ensure even heating. Veggies are ready when a knife can be easily inserted.

EQUIPMENT

- Flat top grill
- Spatula
- Scale
- Oven
- Vegetable knife
- Chopping board

NOTES

- Veggies are ready when a knife can be easily inserted.

WATCH THE METHOD

How to slice green peppers https://www.youtube.com/watch?v=9QhRESYqGw8
How to cut onions https://www.youtube.com/watch?v=ICaJ2WKCuSY