

Salmon with vegetables in papillote

Cuisine: Other

Food category: Fish



Author: Jan Malachovský

Company: Retigo



Program steps

Preheating: 150 °C

1 Combination 50 % Termination by time 00:18 hh:mm 160 °C 100 %

Ingredients - number of portions - 5

Name	Value	Unit
salmon fillet with skin	1000	g
butter	125	g
lovage	1	pcs
salt	1	g
lemon	1	pcs
freshly ground black pepper, ground	1	g
zucchini	1	pcs
aubergine	1	pcs
onion	1	pcs

Directions

1. Rinse the salmon and leave the skin on. Salt and pepper.
2. Spread squares of baking paper on the table and place vegetables, which we also salt and pepper. You can use whatever vegetables are in season (asparagus, new potatoes, broccoli, cauliflower, etc.).
3. Place the salmon on top of the vegetables and cover with herbs. Add a knob of butter on top.
4. We create a package, which we tie with string and bake according to the program above.

Nutrition and allergens

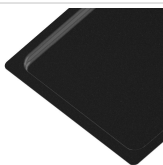
Allergens: 4, 7

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

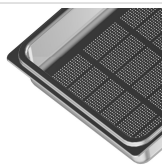
Vitamins: A, B, B6, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	635.7 kJ
Carbohydrate	0.2 g
Fat	54.8 g
Protein	36.2 g
Water	0 g

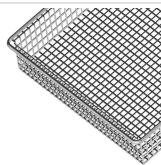
Recommended accessories



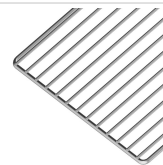
Vision Bake



GN container Stainless steel perforated



Vision Frit



Stainless wire shelving