

# Salmon with vegetables in parchment

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 soft	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

## 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

## Directions

1. Rinse the salmon and leave it with the skin on. Season with salt and pepper.
2. On the counter, lay out squares of parchment paper and place the vegetables, which we also season with salt and pepper. You can use any seasonal vegetables (asparagus, new potatoes, broccoli, cauliflower, etc.).
3. On the vegetables, place the salmon and sprinkle with herbs. Add a dollop of butter on top.
4. Create a package, which we tie with a string and bake according to the program mentioned above.

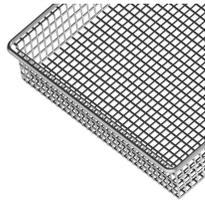
## Recommended accessories



Vision Bake



GN container Stainless steel perforated



Vision Frit



Stainless wire shelving