

# Salt Grilled Salmon Skewers

Cuisine: **Chinese**

Food category: **Poultry**



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## Program steps

Preheating: **265 °C**

1	Combination	30 %	Termination by time	04:00 mm:ss	250 °C	90 %	
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## Ingredients - number of portions - 10

Name	Value	Unit
salmon steak	250	g

## seasoning recipe

Name	Value	Unit
sea-salt	5	g
freshly ground black pepper, ground	5	g

## Nutrition and allergens

Allergens:

Minerals: Mg

Vitamins: B6, C, K

Nutritional value of one portion	Value
Energy	52.9 kJ
Carbohydrate	0.2 g
Fat	4 g
Protein	5.1 g
Water	0 g

## Recommended accessories



Vision Grill Diagonal



Vision Bake

## Directions

- \*salmon steak (cut into dice, width 2cm)
- ◊ It is recommended to soak in water and drain when using wooden skewers, but not to use iron skewers
- ◊ Drain the salmon steaks and bell peppers and cut them into chunks suitable for skewers
- ◊ Salmon steak, sweet pepper and other ingredients, taste the original flavor without seasoning and marinating
- ◊ It is recommended to use a frying pan for cooking. The pan does not need to be preheated, and it can be cooked directly in the oven
- ◊ Use a non-stick flat baking pan, which has good heat conduction effect, and use fish oil to fry until golden brown