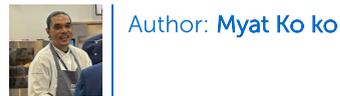


Asian spices marinated Pan fried salmon with grill vegetables

Cuisine: South-East Asian

Food category: Fish



Author: Myat Ko ko

Program steps

Preheating: 200 °C

1

Hot air
 100 %
 Termination by time
 00:07 hh:mm
 200 °C
 100 %

Ingredients - number of portions - 10

| Name | Value | Unit |
|-------------------------|-------|------|
| salmon fillet with skin | 1.5 | kg |
| minced garlic | 30 | g |
| Salt | 15 | g |
| black pepper | 10 | g |
| Plum sugar | 20 | g |
| Lemon zest | 15 | g |
| Peanut oil | 20 | ml |
| Zucchini | 1 | pcs |
| Three color capsicum | 6 | pcs |
| coriander powder | 10 | g |

Directions

- Marinate all ingredients together and take place for preheating the vision grill.
- When the oven reach to desire temperature place the salmon and grill for 7 minutes.
- Pace marinated vegetables on another vision grill and grill for 4 minutes.

Nutrition and allergens

Allergens: 4

Minerals: 2 mg, 4 mg, Calcium, Calcium: 18 mg, Calcium: 7 mg, Iron, Iron: 0, Magnesium, Magnesium: 10 mg, Magnesium: 18 mg, Phosphorus, Phosphorus: 20 mg, Phosphorus: 38 mg, Potassium, Potassium: 211 mg, Potassium: 261 mg, Sodium, Sodium: 3 mg, Sodium: 38758 mg, Sodium: 8 mg, Zinc, Zinc: 0

Vitamins: 0 mcg, 03 mg, 06 mg, 1 mg, 2 mcg, 5 mg, 6 mg, 9 mg, Folate: 24 mcg, Folate: 28 mcg, Niacin (B3): 0, Riboflavin (B2): 0, Thiamine (B1): 0, Vitamin A: 187 mcg, Vitamin A: 200 IU, Vitamin B12: 0 mcg, Vitamin B6, Vitamin B6: 0, Vitamin C, Vitamin C: 17, Vitamin C: 80 mg, Vitamin E: 0, Vitamin K, Vitamin K: 3, Vitamin K: 9

| Nutritional value of one portion | Value |
|----------------------------------|----------|
| Energy | 353.6 kJ |
| Carbohydrate | 3.5 g |
| Fat | 25.7 g |
| Protein | 27.5 g |
| Water | 1.5 g |

Recommended accessories



Vision Grill