

# Asian spices marinated Pan fried salmon with grill vegetables

Cuisine: South-East Asian

Food category: Fish



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## Program steps

Preheating: 200 °C

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

Vitamins:

Nutritional value of one portion	Value
Energy	342.9 kJ
Carbohydrate	0.7 g
Fat	25.7 g
Protein	27.4 g
Water	0 g

## Recommended accessories



Vision Grill