

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

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

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.

Recommended accessories

