


# 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

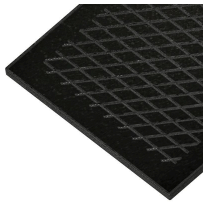
-Marinate all ingredients together and take place for preheating the vision grill.

- 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: 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