

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 %



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

