Asian spices marinated Pan fried salmon with grill vegetables

Cuisine: **South-East Asian** Food category: **Fish**

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Program steps											
Preheating: 200		200 °C									
1	\$\$\$\$ Hot air		 → 100 %	O 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

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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

