


Salt Grilled Salmon Skewers

Cuisine: Chinese
Food category: Poultry



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Program steps

Preheating: 265 °C

1

 Combination

 30 %

 Termination by time

 04:00 mm:ss

 250 °C

 + 90 %



Ingredients - number of portions - 10

| Name | Value | Unit |
|--------------|-------|------|
| salmon steak | 250 | g |

seasoning recipe

| Name | Value | Unit |
|-----------------------------|-------|------|
| sea salt | 5 | g |
| ground black pepper, ground | 5 | g |

Nutrition and allergens

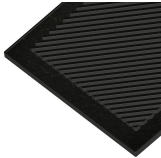
Allergens:
Minerals: Mg
Vitamins: B6, C, K

| Nutritional value of one portion | Value |
|----------------------------------|---------|
| Energy | 52.9 kJ |
| Carbohydrate | 0.2 g |
| Fat | 4 g |
| Protein | 5.1 g |
| Water | 0 g |

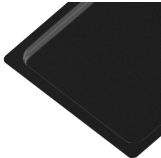
Directions

- *salmon steak (cut into dice, width 2cm)
- ◇ It is recommended to soak in water and drain when using wooden skewers, but not to use iron skewers
 - ◇ Drain the salmon steaks and bell peppers and cut them into chunks suitable for skewers
 - ◇ Salmon steak, sweet pepper and other ingredients, taste the original flavor without seasoning and marinating
 - ◇ It is recommended to use a frying pan for cooking. The pan does not need to be preheated, and it can be cooked directly in the oven
 - ◇ Use a non-stick flat baking pan, which has good heat conduction effect, and use fish oil to fry until golden brown

Recommended accessories



Vision Grill Diagonal



Vision Bake