

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

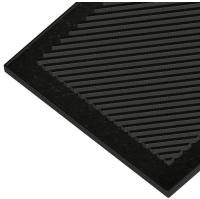
seasoning recipe		
Name	Value	Unit
sea-salt	5	g
freshly ground black pepper, ground	5	g

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

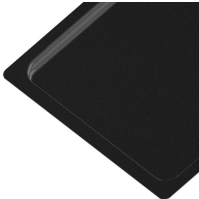
Directions

- *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