

# Salmon and steamed asparagus with parmesan

Cuisine: French

Food category: Fish



Author: Chloé Lasseron

Company: Retigo

## Program steps

|   |          |                     |             |       |        |  |
|---|----------|---------------------|-------------|-------|--------|--|
| 1 | Steaming | Termination by time | 00:07 hh:mm | 99 °C | + 50 % |  |
| 2 | Steaming | Termination by time | 00:30 hh:mm | 99 °C | + 50 % |  |

## Ingredients - number of portions - 4

| Name            | Value | Unit |
|-----------------|-------|------|
| green asparagus | 500   | g    |
| salmon          | 500   | g    |
| cherry tomatoes | 250   | g    |
| melted Butter   | 40    | g    |
| parmezán        | 50    | g    |

## Nutrition and allergens

Allergens: 4, Milk

Minerals: Ca, Calcium, Fe, K, Mg, Mn, Na, P, Phosphorus, Se, Zn

Vitamins: A, B, B12, C, E, Kyselina listová

| Nutritional value of one portion | Value    |
|----------------------------------|----------|
| Energy                           | 724.9 kJ |
| Carbohydrate                     | 5.4 g    |
| Fat                              | 29.6 g   |
| Protein                          | 36.6 g   |
| Water                            | 0.3 g    |

## Directions

Clean and cut the asparagus.

Place them in a perforated GN tray, then bake.

Cut the salmon into cubes and season with salt.

Place it in another perforated GN tray.

Once the first cooking program is finished, add the salmon to the oven.

Clean and cut the cherry tomatoes in half.

Arrange the salmon cubes with the asparagus and cherry tomatoes.

Grate fresh parmesan over the fish and vegetables.

## Recommended accessories



GN container Stainless steel perforated