

Salmon and steamed asparagus with parmesan

Cuisine: **French**
Food category: **Fish**



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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 %			

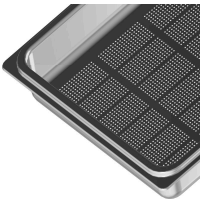
Ingredients - number of portions - 4		
Name	Value	Unit
green asparagus	500	g
salmon	500	g
cherry tomatoes	250	g
melted Butter	40	g
parmezán	50	g

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