

Salmon and steamed asparagus with parmesan

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





Author: [Chloé Lasseron](#)
Company: [Retigo](#)

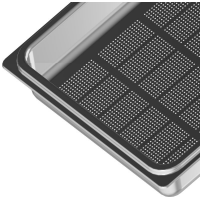
Program steps									
1	 Steaming		 Termination by time	 00:07 hh:mm	 99 °C	 50 %			
2	 Steaming		 Termination by time	 00:30 hh:mm	 99 °C	 50 %			

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