

Salmon Steak with Asparagus and Potatoes



eikon® e2s

01:45

This recipe is available for:

- eikon® e2s HP (2000W)

Accessories:

Quarter Size Cooking Tray 32Z4089 (Black), 32Z4123 (Red), 32Z4095 (Green), 32Z4125 (Blue)

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- 275 °C
- Chilled 4°C
- 1 Portion
- From Raw

Stage 1	Stage 2	Stage 3
Place the Potatoes	Add the Salmon and Asparagus	Add the Tomatoes
00:20	00:40	00:45
100 %	100 %	100 %
100 %	60 %	70 %

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Ingredients

- 180 g Salmon Steak
- 3 pcs Potatoes small
- 100 g Asparagus green
- 4 pcs Cocktail Tomatoes
- 1 tbs Spring Onion slices
- 1 pcs Lemon
- 1 tbs Salt & Pepper
- 1 tbs Oil
- 1 tbs Pesto
- 1 tbs Herbs mixed finely chopped
- 1 pcs Basil

1. Food Preparation

Scale and clean the fish, season with salt and pepper. Halve the washed potatoes and season them with salt, pepper and oil. Cut 2 slices from the lemon and squeeze the rest. Wash the asparagus and season them with salt, pepper, oil and lemon juice. Wash the tomatoes and cut them in quarters, mix them with the spring onions and the chopped herbs and season them with salt, pepper and oil. Place each food item in one of the 4 quarter-size trays, the salmon with the skin upside.

2. Cooking Instruction

Cook as per oven profile.

3. Food Serving Instruction

Remove the cooked food from the trays and arrange a nice looking plate. Use the pesto, the lemon slices and the basil for garnish.