

## Tawa Macchi



**eikon® e1s**

**02:30**

This recipe is available for:

- eikon® e2s HP (2000W)
- eikon® e1s

Accessories:

e1s/e2s Full Size Cooking Tray 32Z4080 (Black), 32Z4100 (Red), 32Z4093 (Green), 32Z4101 (Blue)

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- 260 °C
- Chilled 4°C
- 1 Portion
- From Raw

Stage 1

- 02:30
- 100 %
- 30 %

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### Ingredients

200 g	River Sole
15 ml	Lemon Juice
5 g	Salt
15 g	Ginger Garlic Paste
10 g	Mustard
60 g	Mustard Oil
10 g	Flour refined
10 g	Red Chilli Powder
8 g	Turmeric Powder
10 g	Carom Seeds
1 each	Egg

### 1. Food Preparation

Cut the fish into 4 equal pieces. Mix all the remaining ingredients together and marinate the fish with the mixture. Chill the marinated fish for at least 1 hour. Place them on the tray.

### 2. Cooking Instruction

Cook as per oven profile.

### 3. Food Serving Instruction

Remove the cooked food from the tray and serve.