

Merluza Austral with creamy Potatoes and roasted Vegetables



eikon® e2s

02:30

This recipe is available for:

- eikon® e2s SP (1000W)

Accessories:

Quarter Size Cooking Tray 32Z4089 (Black), 32Z4123 (Red), 32Z4095 (Green), 32Z4125 (Blue)
Half Size Cooking Tray 32Z4090 (Black), 32Z4094 (Green)

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

Stage 1

- 02:30
- 50 %
- 50 %

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Ingredients

- 150 g Merluza Austral (southern hake)
- 100 g creamy Potatoes precooked
- 20 g Red Pepper
- 20 g Yellow Pepper
- 20 g Green Pepper
- 20 g Courgette / Zucchini
- 2 tbs Vegetable Oil
- 1 tsp Salt & Pepper

1. Food Preparation

Scale and clean the fish, season with salt and pepper. Wash the vegetables, cut the peppers in triangles and the zucchini in slices. Season them with salt, pepper and oil. Place the fish and potatoes each on one of the 2 quarter-size trays and the vegetables on the half-size tray.

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.