

Halibut with Chilli Paste



eikon® e1s

03:00

This recipe is available for:

- eikon® e2s HP (2000W)
- eikon® e1s

Accessories:

1/2L Container 1/6GN 32Z4119
Ceramic Dish
Half Size Deeper Cooking Tray 32Z4097 (Red),
32Z4098 (Green), 32Z4099 (Blue)

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

Stage 1
Preheat the Water in
the Container

- 01:00
- 100 %
- 100 %

Stage 2
Add the Ceramic
Bowl into the
Container

- 02:00
- 10 %
- 100 %

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Ingredients

140 g	Halibut
1 tbs	Yellow Chilli Paste
1 tbs	Red Chilli Paste
30 g	Broccoli
250 ml	Water

1. Food Preparation

Cut halibut in two equal pieces and roll them. Fill the halibut with the paste, 1 each. Place the halibut and the broccoli in the ceramic bowl. Fill the water into the 1/2 ltr Container. Place the ceramic bowl into the container with hot water and use the Half Size Deeper Cooking Tray as a lid.

2. Cooking Instruction

Preheat the water as per oven profile. After Step 1 add the ceramic bowl, put the tray as a lid on top and continue to cook as per oven profile.

3. Food Serving Instruction

Remove the ceramic bowl with the cooked food from the container and serve.