

Salmon Meal



eikon® e4s

02:45

This recipe is available for:

- eikon® e4s

Accessories:

e4s Solid Base Tray Full Size 32Z4086

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

Stage 1

- 01:30
- 30 %
- 100 %

Stage 2

- 01:15
- 100 %
- 60 %

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Ingredients

- 170.1 g Fresh Salmon Filet, Center Cut, Skin-On
- 56.7 g Yellow Squash
- 28.35 g Red Onion
- 28.35 g Red Bell Pepper
- 56.7 g Small Fingerling Potatoes halved
- 1 tbs Fresh Thyme roughly chopped
- 1 pinch Kosher Salt
- 1 pinch Fresh Cracked Black Pepper
- 2 tbs Extra Virgin Olive Oil

1. Food Preparation

Season salmon filet with salt, pepper and olive oil and reserve. Clean and dice all vegetables to a large dice and reserve. In a medium bowl combine vegetables and potatoes with salt, pepper, thyme, olive oil and reserve. Place seasoned vegetables and salmon (Skin side down) on the tray separately. Making sure vegetables are in an even layer.

2. Cooking Instruction

Cook as per oven profile.

3. Food Serving Instruction

Remove the cooked food from the tray and serve.