

## Mackerel grilled



**eikon® e2s**

**01:30**

This recipe is available for:

- eikon® e2s SP (1000W)

Accessories:

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

P  
R  
O  
F  
I  
L  
E

- 275 °C
- Chilled 4°C
- 2 Pieces
- From Raw

Stage 1

- 00:45
- 100 %
- 100 %

Stage 2

- 00:45
- 100 %
- 0 %

R  
E  
C  
I  
P  
E

### Ingredients

140 g Mackerel

### 1. Food Preparation

Cut the mackerel in two pieces and place them with the skin downside on the tray.

### 2. Cooking Instruction

Cook as per oven profile.

### 3. Food Serving Instruction

Remove the cooked food from the tray and serve.