

RAINBOW TROUT WITH EGG



Category: Fish and meat
main courses

Created: on 2022-01-25
Qualified by: Supercook CL
Suggested by: Kitchen
Center Chile
Total preparation time:
35:05 Minutes

Suitable for machine:
- Supercook SC350
- Supercook SC400

INGREDIENTS

1-2	Rainbow trout
100 gram	red pepper cut into pieces
100 gram	green bell pepper cut into pieces
1/2	onion cut in 2
200 gram	unpeeled zucchini cut into medium pieces
1 clove	garlic
400 gram	canned crushed tomato
500 gram	potatoes cut into 4mm slices
4	eggs, unpeeled and wrapped separately in cling film
1	sliced lemon (or just the juice)
1 teaspoon	sugar
1	vegetable stock cube
50 milliliter	olive oil
	salt to taste
2 pinch	black pepper
	cling film

STEP BY STEP - PREPARATION

To see the full recipe, please [log in](#).

TOOLS



Vapore