

RAINBOW TROUT WITH EGG



Kategori: Hovedretter
fisk&kjøtt

Laget: den 2022-01-25
Kvalifisert av: Supercook CL
Foreslått av: Kitchen Center
Chile
Total forberedelsestid: 35:05
minutter

Egnet for maskin:
- Supercook SC350
- Supercook SC400

LISTE MED INGREDIENSER

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 fedd	Hvitløk
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 teskje	Sukker
1	vegetable stock cube
50 milliliter	olivenolje
	salt to taste
2 klype	Sort pepper
	cling film

TRINN FOR TRINN - TILBEREDNING

For å se hvordan dette tilberedes må du [logge deg inn](#).

VERKTØY



Vapore