



Teppanyaki Turpot fish fillet with spicy pumpkin puree

Ingredients :

- Turpot fish fillet (with skin) 1 pc
- Sliced pumpkin 300 g
- Sliced green apple 1/4 pc
- Sliced banana 1/2 pc
- Curry powder 2 g
- Chicken broth 200 g

Steps :

1. Place Turpot fish fillet on Teppanyaki at 120°C for 3 mins (fish skin facing down).
2. Preheat oven at  hot air convection mode.
3. Place the fish fillet in the preheated oven at 120°C for 5 to 6 mins.
4. Put pumpkin, green apple, banana, curry powder and chicken broth in the cooking pot.
5. Set the induction hob to the highest power until boil and continue to boil at level power 4 for 10 minutes.
6. Put all the mixing into a blender and blend into puree texture.
7. Place pumpkin puree and Turpot fish fillet onto the serving plate, coupled with some vegetables as side dish and serve.

Appliance: Electric oven and teppanyaki
Cooking Duration: 20 mins (excluding preparation duration)


Recipe provided by: **Mr. Ricky Cheung**

煎焗多寶魚柳伴香辣南瓜茸

材料：

- 多寶魚柳（連皮）1件
- 南瓜（切片）300克
- 青蘋果（切片）1/4個
- 香蕉（切片）1/2條
- 咖哩粉 2克
- 雞湯 200克

步驟：

1. 將多寶魚柳放在鐵板燒爐上以120°C煎3分鐘（魚皮向下）。
2. 焗爐使用  熱風模式預熱至120°C。
3. 將魚柳轉放到烤盤架上，放入已預熱的焗爐以120°C焗5-6分鐘。
4. 小鍋內放入南瓜、青蘋果、香蕉、咖哩粉及雞湯。
5. 將電磁爐調校至最大火力，煮滾後轉用4級火力煮10分鐘。
6. 然後倒入攪拌機內打成幼滑茸狀。
7. 將南瓜茸及多寶魚柳放在餐碟上，伴以少許時令蔬菜即成。

電器： 焗爐及鐵板燒爐
烹調時間： 20分鐘（不包括預備時間）