

Kale with Pesto and Oyster Sauce

Cuisine: **Chinese**
Food category: **Vegetables**




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Program steps


Preheating: 99 °C


1


 Steaming

 Termination by time

 06:00 mm:ss

 99 °C

 80 %



Ingredients - number of portions - 10		
Name	Value	Unit
kale sprouts	300	g

seasoning recipe		
Name	Value	Unit
sesame oil	30	ml
minced garlic	30	g
oyster sauce	40	g
Mirin	20	ml
rice wine	10	ml
sugar	5	g

Nutrition and allergens	
Allergens: Minerals: Vitamins:	
Nutritional value of one portion	Value
Energy	25.6 kJ
Carbohydrate	4.9 g
Fat	0 g
Protein	1.4 g
Water	0 g

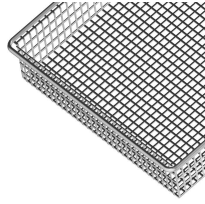
Directions

- *Kale sprouts small (S): 15~25cm
- ◇ After washing the whole kale sprouts, drain the water and mix well with sesame oil
 - ◇ Put it in a preheated oven and steam for 5-6 minutes
 - ◇ Put it on a plate after it comes out of the oven, and drizzle with garlic oyster sauce
 - ◇ The boiler produces saturated water vapor, the emerald green color is not oxidized, and the leaf stems are smooth and tender

Recommended accessories



GN container Stainless
steel perforated



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