

Steamed Cauliflower Bell Peppers

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
mixed peppers	400	g

Nutrition and allergens

Allergens:

Minerals: Ca, Cu, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, E, K

Nutritional value of one portion	Value
Energy	14 kJ
Carbohydrate	2.4 g
Fat	0.1 g
Protein	0.4 g
Water	0 g

Directions

- ◇ Cut the broccoli, wash and soak for 1 hour, drain and set aside
- ◇ Deseeded sweet peppers and cut into 3~4cm, washed and soaked for later use
- ◇ Put it in a preheated steam oven and steam for 5-6 minutes
- ◇ Put it on a plate after it is out of the oven, and it can be topped with seasoning sauce, less oily and healthy
- ◇ The boiler produces saturated water vapor, the emerald green color is not oxidized, and is suitable for cold dishes and side dishes

Recommended accessories



GN container Stainless steel perforated



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