

# 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

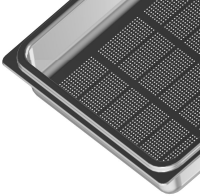
◇ Deseeded sweet peppers and cut into 3~4cm, washed and soaked for later use

◇ 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



Vision Frit