

Seafood Steamer with herb butter

Cuisine: **Japanese**

Food category: **Fish**

Author: **Steve Shih**

Company: **Retigo Asia Limited**



Program steps

Preheating: 99 °C

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Steaming



Termination by
time



00:10 hh:mm



99 °C



+ 80 %



Ingredients - number of portions - 5

Name	Value	Unit
Prawns	5	pcs
Clams	200	g
mussels	200	g
Butter	30	g
parsley	3	g

Nutrition and allergens

Allergens: CRUSTACEANS, Shellfish

Minerals: CA, Iron, K, Phosphorus, Selenium, Zinc

Vitamins: A, B12, B3, B6, C, Vitamin A, Vitamin B12

Nutritional value of one portion	Value
Energy	274.9 kJ
Carbohydrate	3.7 g
Fat	6.5 g
Protein	14.9 g
Water	32.4 g

Directions

- 1.Prepare Prawns and brush with herb butter.
- 2.Wash the clams and mussels mixture with garlic herb oil.
- 3.Put all ingredients into Vision Pan and seasoned.
- 4.Vision Pan can reserve all seafood flavor.

Recommended accessories



Vision Pan