

Seafood Steamer with herb butter

Cuisine: **Japanese**

Food category: **Fish**

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Program steps

Preheating: 99 °C

1

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:

Minerals: CA, K

Vitamins: A, C

Nutritional value of one portion

| Nutritional value of one portion | Value |
|----------------------------------|----------|
| Energy | 215.7 kJ |
| Carbohydrate | 1.7 g |
| Fat | 5.6 g |
| Protein | 4.9 g |
| Water | 0 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