

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 %	
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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	Value
Energy	215.7 kJ
Carbohydrate	1.7 g
Fat	5.6 g
Protein	4.9 g
Water	0 g

Recommended accessories



Vision Pan

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.