

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

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.

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