

Seafood Steamer with herb butter

Cuisine: **Japanese**
Food category: **Fish**

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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