


Steamed Cauliflower Bell Peppers

Cuisine: Chinese
Food category: Vegetables



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Program steps

Preheating: 99 °C

1

 Steaming

 Termination by time

 06:00 mm:ss

 99 °C

 + 80 %



Ingredients - number of portions - 10

Name	Value	Unit
fresh peppers	400	g

Nutrition and allergens

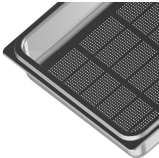
Allergens:
Minerals: Zn
Vitamins: A, B, C, E

Nutritional value of one portion	Value
Energy	12.4 kJ
Carbohydrate	2 g
Fat	0.2 g
Protein	0.4 g
Water	0 g


Directions

- ◇ Cut the broccoli, wash and soak for 1 hour, drain and set aside
- ◇ Deseeded sweet peppers and cut into 3~4cm, washed and soaked for later use
- ◇ Put it in a preheated steam oven and steam for 5-6 minutes
- ◇ Put it on a plate after it is out of the oven, and it can be topped with seasoning sauce, less oily and healthy
- ◇ The boiler produces saturated water vapor, the emerald green color is not oxidized, and is suitable for cold dishes and side dishes

Recommended accessories



GN container Stainless steel perforated



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