



Steamed scallops with broccoli

Receta de V-ZUG AG



Preparación
Tiempo de
cocción
Porciones 4

Preparation

8 scallops, dried, each about 2.5 cm in diameter

Wash the scallops, place in a deep bowl, add water and leave to soak overnight.

1 broccoli, small

1 tbsp goji berries, dried

Soak the goji berries in cold water for about 30 minutes. Wash the broccoli and divide into florets.

Aire caliente con inyección de vapor (120 °C)

Carefully take the scallops out of the water and place them in the porcelain dish. Arrange the broccoli florets around the scallops and top with the goji berries.

Put the porcelain dish on to the wire shelf in the preheated cooking space. Cook.

Introducir los alimentos

Aire caliente con inyección de vapor 120 °C durante 7 Min.

1 tbsp rapeseed oil

Heat up the rapeseed oil and drizzle over the cooked broccoli just before serving.

Consejos

The water in which the scallops were soaked can be used for other purposes, e.g. for cooking rice.

Accesorios

Porcelain dish ⅓ GN, depth 65 mm

Wire shelf

Información complementaria

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