



Steamed scallops with broccoli

Opskrift af V-ZUG Ltd



Tilberedning
Tilberedningstid
Portioner 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.

(For)varm ovnrømmet til 120°C i Varmluft med damp

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.

Sæt retten ind

Varmluft med damp 120°C i 7 Min.

1 tbsp rapeseed oil

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

Tips

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

Tilbehør

Porcelain dish ⅓ GN, depth 65 mm

Wire shelf

Yderligere oplysninger

Oprettet den

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