

Boiled Chinese Broccoli



13:30

This recipe is available for:

- Convotherm mini

Accessories:

1/1 GN Stainless steel pans, perforated, 55 mm deep, 3003074

PROFILE



Ambient



1 Full Tray



From Scratch

Stage 1
100 °C



Steam

00:05 | -



1

RECIPE

Ingredients

350	g	Chinese broccoli
30	g	Oil
15	g	Light soy sauce
5	g	Garlic chopped
5	g	Ginger slice
1	pinch	Sugar
1	pinch	Salt

1. Food Preparation

Put the Chinese broccoli into 1/2 GN pan, a touch with sugar and salt.

2. Cooking Instruction

Start the cooking program. After preheating, loading the GN pan into oven. When the program completed, take out and transfer to a plate. Put garlic chopped and ginger slice and top, pour light soy sauce and very hot oil on it.

3. Food Serving Instruction

Serve with rice, meat or fish.