

## Boiled Chinese Broccoli



🕒 46:41

This recipe is available for:

- Convotherm maxx

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.