



## 60°C SLOW COOKED CHICKEN BREAST WITH STEAMED SWEET POTATO AND POTATO

### METHOD

#### Chicken Breast

- 01** Season the chicken breast with salt and pepper, wrap it in cling film into a cylinder shape. Steam at 60°C for 40 minutes or until done. Pan fry the skin with oil at medium to low heat until golden brown in colour.

#### Steamed Vegetables

- 02** Slice the sweet potato, potato and pumpkin (5mm in thickness). Marinate with thyme, garlic and olive oil for 1 hour or longer. Steam the sweet potato and potato at 100°C for 9 minutes and the pumpkin for 3 minutes.
- 03** Cut cherry tomatoes in half and mix with salt, pepper and olive oil.

#### Serving

- 04** Place the root and tuber vegetables and cherry tomatoes on a plate. Put the chicken on top and arrange the cress, edible flowers and baby spinach around the chicken and vegetables. Serve with chicken jus and add a drizzle of olive oil.

### INGREDIENTS

Chicken Breast (Skin On) .....	4 pcs
Salt And Pepper .....	1 pinch
Sweet Potatoes (Yellow And Purple) ...	40 g
Potato .....	40 g
Pumpkin .....	40 g
Thyme .....	5 g
Garlic .....	15 g
Olive Oil .....	10 g
Cress .....	1 pinch
Baby Spinach .....	1 pinch
Edible Flowers .....	1 pinch
Cherry Tomatoes .....	40 g
Chicken Jus .....	40 g

Online Cooking  
Demonstration Videos



FOLLOW US NOW!



#### Tips

- With a Miele Steam Oven, the chicken is cooked thoroughly and evenly in a constant temperature without fluctuations, resulting in a more flavourful, juicy and tender chicken
- Wrap chicken breast with cling film while steaming to set the shape and for the meat to be consistently cooked
- 100% PureSteam in Miele steam oven can better retain the flavour and nutrients of the vegetables

1 hr

4 persons

## 慢煮雞胸配 蒸甜薯及薯仔

### 做法

#### 雞胸

- 01** 雞胸用鹽及胡椒調味，用保鮮紙捲成圓柱狀，用攝氏60度蒸40分鐘或直至熟。先用中火煎香雞皮的表面，再轉用細火煎至金黃色。

#### 蒸雜菜

- 02** 把蕃薯、薯仔和南瓜切片（厚度為5mm）。用百里香、蒜頭和橄欖油醃1小時或更長的時間。蕃薯放入Miele蒸爐內，以攝氏100度蒸9分鐘，南瓜蒸3分鐘。

- 03** 然後將車厘茄切成一半，混合鹽、胡椒和橄欖油。

#### 組合

- 04** 將車厘茄、蕃薯、薯仔和南瓜片放在碟上。把雞胸放上，並把香草、食用花和菠菜葉放雞胸旁邊。最後淋上燒汁及橄欖油。

### 材料

雞胸（連皮）	4件
鹽及胡椒	少許
蕃薯（黃芯和紫芯）	40克
薯仔	40克
南瓜	40克
百里香	5克
蒜頭	15克
橄欖油	10克
香草	少許
菠菜葉	少許
食用花	少許
車厘茄	40克
燒汁	40克

#### 網上教學短片



#### FOLLOW US NOW!



Miele Hong Kong



Miele



Miele\_hk



貼士

- 利用Miele蒸爐讓雞胸肉在蒸氣烹調下熟得平均，令肉質變得細緻嫩滑。
- 用保鮮膜包裹雞胸肉可保持形狀，更有助厚薄一致達到均勻煮熟。
- 利用100%純蒸氣蒸蔬菜，更能保存其營養及味道。



1 小時



4 人份