

## SAUTÉED SHREDDED LOBSTER WITH DRIED SCALLOPS AND BEAN SPROUTS

### METHOD

- 01 Rinse lobster thoroughly, then put into a Miele steam oven and steam at 95°C for 15 minutes.
- 02 Take out the steamed lobster, let it cool and remove the lobster meat.
- 03 Heat up a wok with medium heat and add oil. Fry egg then add green bean sprouts, bamboo shoot, dried scallops, shredded spring onion and lobster, then fry until dry.
- 04 Place the food in a deep fried bird-nest shaped crust. Ready to serve.

### INGREDIENTS

Lobster .....	1 pc
Egg .....	3 pcs
Dried Scallops .....	2 pcs
Green Bean Sprouts .....	37.8g
Bamboo Shoot .....	37.8g
Shredded Spring Onion .....	Little

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#### TIPS

- Lobster meat must be hand pulled to achieve the best texture
- Remove lobster shell carefully as it might cut through your skin, advise to wear gloves for protection
- The scrambled egg must achieve maximum dryness



20 mins



4 persons

## 瑤柱桂花炒 手撕龍蝦

### 做法

- 01 龍蝦洗淨，然後放入Miele蒸爐內以攝氏95度蒸15分鐘。
- 02 取出龍蝦，待涼並拆肉。
- 03 以中火加熱大鑊並加油，放入蛋炒片刻。再加入芽菜、茭白絲、瑤柱、蔥花及龍蝦，炒至乾身。
- 04 油炸鳥巢作盛載容器，放上炒好的食物，即可享用。

### 材料

本地龍蝦 .....	1隻
雞蛋 .....	3隻
瑤柱 .....	2粒
銀芽 .....	1兩
茭白絲 .....	1兩
蔥花 .....	適量

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貼士

- 龍蝦肉一定要手撕
- 去除龍蝦殼小心割手或可帶手套
- 蛋要炒得夠乾身



20 分鐘



4 人份