

## 蒜香蒸扇貝

### 做法

- 01 扇貝沖水洗淨，去除內臟，裙邊位置也洗淨，備用
- 02 將蒜蓉鋪上扇貝，放入Miele蒸爐，以攝氏95度蒸4分鐘
- 03 取出扇貝，鋪上蔥絲，燒熱油及豉油，即可享用

### 材料

扇貝	4隻
蒜蓉	30克
蔥絲	10克
油	20毫升
豉油	1湯匙

網上教學短片



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貼士

- 選擇外殼半開合、貝肉厚身的扇貝，確保新鮮
- 以攝氏95度蒸煮海鮮，避免過熟，效果更理想

🕒 4 分鐘

👤 1~2 人份

## STEAMED SCALLOPS WITH GARLIC



### METHOD

- 01** Rinse the scallops and remove the insides, clean the skirt part as well, put aside
- 02** Spread minced garlic on scallops, put into the Miele Steam Oven, steam at 95°C for 4 minutes
- 03** Take out the scallops, top with shredded scallion, pour hot oil and soy sauce over the scallops and it is ready to serve

### INGREDIENTS

Scallops .....	4 pcs
Minced Garlic .....	30 g
Scallion .....	10 g (Shredded)
Oil .....	20 ml
Soy Sauce .....	1 tbsp

Online Cooking  
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TIPS

- Choose scallops with shells slightly opened and plump meat to ensure freshness
- 95°C is the ideal temperature for steaming seafood to avoid over cooking



4 mins



1~2 persons