

STEAM-BAKED CHICKEN BREAST AND PUMPKIN WITH FETA CHEESE BABY SPINACH SALAD

METHOD

- 01 Cut the chicken breast into 2cm x 2cm cubes, then slice the pumpkin into 1cm thickness. Season with salt, pepper and olive oil.
- 02 Preheat Miele Steam Combination Oven to 190°C with “Combination Mode + Conventional Heat” function and moisture level set at 90%.
- 03 Bake the chicken breast cubes and pumpkin slices with the preheated oven for 5 minutes.
- 04 After done, set aside to cool down.
- 05 Plate the chicken breast and pumpkin with spinach. Season with olive oil and balsamic vinegar.
- 06 Dice the feta cheese and sprinkle on top. Ready to serve.

INGREDIENTS

| | |
|------------------------|----------|
| Chicken Breast | 200 g |
| Pumpkin | 100 g |
| Baby Spinach | 200 g |
| Feta Cheese | 20 g |
| Olive Oil | Moderate |
| Balsamic Vinegar | Moderate |
| Salt | Moderate |
| Pepper | Moderate |

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Tips

- Feta cheese could be replaced by parmesan cheese or any kind of blue cheese.
- Baby spinach could be replaced by other lettuce, e.g. rocket or romaine lettuces.
- Combination mode allows steaming and baking at the same time, where the heat can penetrate evenly to every part of the chicken breast and pumpkin in a moisturized cavity, resulting in a juicy texture.

30 mins

2 persons

蒸焗雞胸南瓜配 希臘芝士菠菜沙律

做法

- 01 先將雞胸切成約2厘米乘2厘米小塊，再將南瓜切成1厘米厚，以橄欖油、鹽及胡椒調味。
- 02 以「組合模式 + 一般加熱」模式預熱Miele蒸焗爐至攝氏190度，濕度設為90%。
- 03 將雞胸及南瓜放入已預熱的蒸焗爐焗5分鐘。
- 04 完成後取出，放涼備用。
- 05 將雞胸、南瓜伴上菠菜擺盤，淋上橄欖油及意大利黑醋調味。
- 06 將希臘芝士切成小粒，灑於菜式上，即可享用。

材料

| | |
|-------------|------|
| 雞胸 | 200克 |
| 南瓜 | 100克 |
| 菠菜 | 200克 |
| 希臘芝士 | 20克 |
| 橄欖油 | 適量 |
| 意大利黑醋 | 適量 |
| 鹽 | 適量 |
| 胡椒 | 適量 |

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貼士

- 可選用不同芝士代替希臘芝士，例如巴馬臣芝士或藍芝士類。
- 可選用其他沙律菜代替菠菜，例如火箭菜或羅馬生菜。
- 利用Miele蒸焗爐的組合模式，即以「蒸焗同步」烹調，烤焗過程全時間注入濕氣，有助熱力均勻傳送，鎖住肉汁，溫度亦更快傳入雞胸及南瓜中心，效果鮮嫩多汁。

30 分鐘

2 人份