

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75度蒸40分鐘。大火燒熱鑊，煎香雞皮的表面至金黃色。

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

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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

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 75°C for 40 minutes. Pan fry the skin with oil at high 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

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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