

iCook recipe card

Steamed Bream with Shallots

An easy, quick flavoursome dish that demonstrates the power of cooking with iCook. The OPTITEMP™ fully encapsulated aluminium cooking base is a patented advanced design and construction that ensures the food, in this instance the bream, is evenly cooked. It also demonstrates the benefits of the exclusive VITALOK™ technology which ensures food retains its natural flavours and colours and locks in up to $\frac{1}{3}$ more essential nutrients, vitamins and minerals.



iCook pan used: Senior Saute Pan and Lid
(Part of 7 Piece Starter and 17 Piece Family Set)



Ingredients:

- A bunch of large shallots/leeks
- Bream (or equiv. fish) approx. 500 - 600g
- 3 tablespoons of olive oil
- 2 teaspoons of soy sauce
- 1 tablespoon of water

Cooking Method:

1. Heat the pan on low heat.
2. Spread the shallots/leeks on the base of the Senior Saute Pan. Place the bream on top of the shallots. Add 1 teaspoon of water. Add lid.
3. Steam on low heat for 10 - 15 mins.
4. In the Junior Saute pan, heat the olive oil and soy sauce.
5. Remove the fish from the pan and place on a plate, pour the oil and soy sauce over the fish and serve.
Note: You can substitute the olive oil with additional soy sauce or freshly squeezed lemon/ lime juice.
6. Note: For added colour and taste, sprinkle grated or curled carrots and shallots over the fish.

Cooking time:

10-15 minutes – low heat.

Cook healthier.

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Food tastes better.

Food looks better.

