

## iCook recipe card

# Steamed Prawns infused with Wine

An excellent demonstration of the benefits of the iCook VITALOK™ technology which ensures food retains its natural flavours and colours (the colours of the vegetables look amazing) and locks in up to  $\frac{1}{3}$  more essential nutrients, vitamins and minerals. The prawns are visibly brighter and maintain their fresh/crisp appearance.



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

### Ingredients:

- 400-500g prawns – with shells intact
- 2 teaspoons Shaoshin Wine (a Chinese style of cooking wine which can be purchased from Asian general stores)

### Cooking Method:

1. Heat the pan on low heat.
2. Add the prawns and pour Shaoshin Wine on top. Place the lid on.
3. Steam on low heat for 10 minutes (or until the colour of the prawns has turned red).
4. Take the prawns out and place on a plate and serve.

### Cooking time:

10 minutes – medium heat.

Cook healthier.

Live better.

Food tastes better.

Food looks better.

