



Asparagus with soft boiled egg, prosciutto and garlic prawn

Ingredients :

- Asparagus 3 pcs • Egg 1 pc
- Sea shrimp 3 pcs • Garlic 10 g • Ham - several pcs

Sauce :

- Olive oil 50 g • Salt & Black pepper to taste

Steps :

1. Set oven to  hot air mode, preheat to 180°C.
2. Peel off asparagus skin, put it in the preheated oven.
3. Press the  hot air mode on the control panel, adjust the timer to 4 minutes.
4. Take it out and season with olive oil, salt & black pepper.
5. Use  steam mode to preheat the steam oven at 65°C, steam the egg for 25 minutes.
6. Add little salt and black pepper on the sea shrimp for seasoning.
7. Put the olive oil and garlic into the wok which is made for induction wok hob.
8. Set the induction wok hob to level 6. Stir-fry the garlic until slightly golden brown.
9. Add the sea shrimp and adjust the power of the induction wok hob to level 9 and stir-fry for 1 minute.
10. Place all the ingredients on the dish.

Appliance: Electric oven, steam oven and induction wok hob

Cooking Duration: 35 mins (excluding preparation duration)

Recipe provided by: **Mr. Ricky Cheung**

露笋伴溏心蛋，風乾火腿及蒜片蝦

材料：

- 露笋 3條 • 雞蛋 1隻
- 海蝦 3隻 • 蒜片 10克 • 風乾火腿 數片

調味料：

- 橄欖油 50克 • 鹽和黑椒碎適量

步驟：

1. 將焗爐調校至  熱風模式，預熱至180°C。
2. 露笋刨去外皮，放入已預熱的焗爐。
3. 控制板上按  熱風模式，將時間調至4分鐘。
4. 取出後下少許橄欖油、鹽、黑椒碎調味。
5. 使用  蒸氣模式將蒸爐預熱至65°C，放入室溫雞蛋蒸25分鐘。
6. 海蝦放少許鹽及黑椒碎調味。
7. 橄欖油及蒜片放入鑊型電磁爐專用的鑊內。
8. 將鑊型電磁爐調校至6級火力，把蒜片炒至微微金黃色。
9. 加入海蝦，將鑊型電磁爐調校至9級火力炒1分鐘。
10. 把所有食材放好伴碟。

電器： 焗爐、蒸爐及鑊型電磁爐

烹調時間： 35分鐘（不包括預備時間）