



BROCCOLI MONFLOR 1.000

G

Ingredients

Broccoli Monflor



Product Sheet

Product Code	310479
Weight (G)	1.000
Packs Per Carton	6
Cartoni Per Strato	9
Cartoni Per Pallet	99

Directions

Steam Oven

Place the product on a perforated baking pan without thawing, and put it in a steam oven at 98 °C. Wait for the temperature to rise again and cook for 6 minutes. Take it out of the oven, and use as you prefer.

Pan

Pour the product in a non-stick pan with a drizzle of extra-virgin olive oil and 8 tablespoons of water without thawing. Put the lid on and cook for 8 minutes over medium heat, then use it as you prefer.

Pot

Pour the product in some salted boiling water without thawing. Then wait for the water to start boiling again and cook for 5 minutes. Drain and use it as you prefer.