



Seafood Brochette

Ingredients:

Skewers

4 units

Canned mussels

1 unit

Peeled shrimps

20 units

Canned squids

1 unit

Onion

1 unit

Red bell pepper

½ unit

Green bell pepper

½ unit

Yellow bell pepper

½ unit

Procedure

Cut up the onion and the bell peppers in 2 finger size cubes. Make

the brochettes by inserting the ingredients (bend the shrimps in halves) and place them in the 4 compartments of the BroChef base. Cut the unused part of the skewer. Fill up the compartment. Cook at full power for 4 minutes

