



# Healthy Summer Recipes using the NEFF Steam Oven

Looking to end your summer on a healthy note? These recipes are perfect and will show you why an oven with steam functionality is a must have in your kitchen.

After a summer of indulgence, you're looking for healthy summer recipes using your NEFF Steam Oven.

From a succulent chicken meatball soup to a twice-cooked duck recipe that's actually healthy, our steam oven meal ideas are just what the doctor ordered. All of these recipes use a [NEFF oven](#) with [steam functionality](#). Having steam capabilities in your oven opens up a whole new world for healthy cooking.

You're welcome.

## Steamed Cod

A healthy Asian-inspired meal idea, this winning steam oven recipe pairs delicate cod fillets with pickled green beans for a spicy kick. A drizzle of sizzling vegetable oil crisps up the cod's skin, while a topping of ginger, spring onion and corn adds flavour and freshness. Both savoury and satisfying, this summer recipe will have your guests queuing for seconds.

Read the full [Steamed Cod recipe](#).



## Steamed Trout Fillets on Kaffir Lime Leaves

What could be tastier than velvety trout fillets steamed on fragrant kaffir lime leaves? Using the NEFF FullSteam oven, this healthy summer recipe requires just 4 minutes of cooking time, before resting the trout fillets in the switched-off oven for a further 5 minutes. A simple hot butter sauce spiked with ginger and yellow curry paste provides the final flourish of flavour.

Read the full [Steamed Trout recipe](#).



## Asian Chicken Meatball Soup with Noodles and Vegetables

This delicious Asian chicken meatball soup uses the NEFF steam oven to full effect, combining a lemongrass-spiked broth with steamed chicken meatballs and lightly-steamed fresh veggies. Perfect for those being mindful of what they eat, this recipe makes a flavourful midweek dinner or lazy Sunday lunch.

Read the full [Asian Chicken Meatball Soup recipe](#).



## Salmon Poke Bowl

One of our most popular healthy steam oven recipes, this salmon poke bowl is densely nutritious. Topped with a crown of ginger and sesame-marinated salmon – steamed to perfection using the NEFF FullSteam function – it's bulked out with savoury soba noodles, avocado and the pop of peeled edamame beans. The ideal healthy recipe for a scorching summer's day.

Read the full [Salmon Poke Bowl recipe](#).



## Twice Cooked Duck with Steamed Asian Greens and Red Rice

Adore duck but find it too indulgently rich? This recipe is for you. We steam our duck first to remove most of the fat, before basting with a mixture of honey, soy and rice vinegar on [CircoTherm](#) to crisp up the skin. Nutty red rice rounds out the flavour profile, while steamed Asian greens add both colour and freshness.

Read the full [Twice Cooked Duck recipe](#).

