

# Drunken Noodles

Cuisine: South-East Asian

Food category: Poultry



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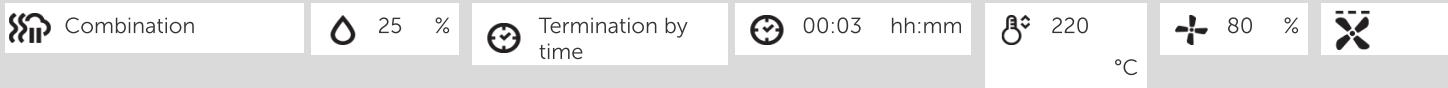
## Program steps

Preheating: 250 °C

1 Anbraten



2 Wenden



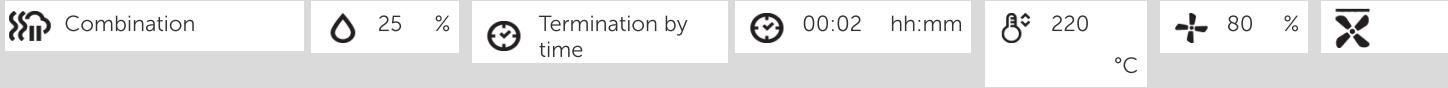
3 Fleisch, Garnele und Tintenfisch hinzugeben



4 Wenden



5 Breite gekochte Reisnudeln hinzugeben



## Ingredients - number of portions - 5

Name	Value	Unit
rice noodles	600	g
sesame oil	60	ml
garlic	15	g
fresh chilli	25	g
red onion	200	g
fresh real galangal	20	g
cabbage leaves, cleaned	100	g
shimeji mushrooms	150	g
carrot	100	g
chicken breast	200	g
king prawn	200	g
fresh small squid rings	200	g
thai basil	10	g
sprig of parsley	10	g

## Directions

Drunken Noodles - Pad Kee Mao - is a typical Thai street food. It is a ragout of vegetables, shrimp, squid and chicken. The purple dish is steamed in a tube based on rice. Marinate the chicken, shrimp and squid in the Asian fish sauce for about 10 minutes. Meanwhile, preheat a coated GN container in the combination steamer, then put the spices, onions, garlic and chili with the peanut oil in the coated container and fry in the combination steam mode at 220°C, 25% humidity, 80% fan speed for 3 minutes, turn and Fry for another 3 minutes. Then add the meat, shrimp and squid rings and simmer for another 5 minutes, then turn and add the remaining ingredients and simmer for another 3 minutes. Add the cooked rice noodles, the mixed sauce and let simmer for another 2 minutes. Then serve in deep plates.

Make the mixed sauce from the appropriate ingredients; you can also serve it as a dip or cold sauce with other

Coriander leaves, finely chopped	10	g
assam long pepper	4	g
fish sauce	50	ml
water	30	ml
ground white pepper	2	g

dishes. Alternative to serving: Ragout of: sauces, onions, chili, garlic and herb cream, fried chicken, shrimp and squid tubes, whole grilled vegetables and mushrooms. The insert timer, which you can find under "Extras" on your Blue Vision combi steamer, serves as an aid here.

Name	Value	Unit
oyster sauce	60	ml
soy dipping sauce	30	ml
mild soy sauce	30	ml
brown sugar	20	g
water	30	ml
ground white pepper	2	g

## Nutrition and allergens

Allergens:

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	338.5 kJ
Carbohydrate	52.4 g
Fat	3.1 g
Protein	25.1 g
Water	0 g