

Carrot papaya salad and country chicken breast involtini

Cuisine: South-East Asian

Food category: Poultry



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Company: RETIGO Deutschland GmbH



Program steps

1



Steaming



Termination by time



00:20

hh:mm



85

°C



70

%



Ingredients - number of portions - 4

Name	Value	Unit
green papaya	150	g
red onion	80	g
bird's eye chili	1	pcs
spring garlic	50	g
garlic	4	g
roasted cashews	80	g
lime juice	20	ml
sesame oil	50	ml
thai basil	5	g
Coriander leaves, finely chopped	5	g
coconut sugar	10	g
mild soy sauce	30	ml

Directions

Carrot and papaya salad with roasted cashews: Put all the ingredients in a bowl and stir well, if necessary season to taste. Involtini of country chicken breast with peanut butter and spring leek: Make a fine paste from the spring leek, garlic, chili, peanut butter, sea salt and kitchen cream. Now flatten the chicken breast as a butterfly steak, spread the soy sauce on one side and place this side on cling film. Spread the other side with the fine paste, then twist the chicken breast into a roll, wrap the cling film around the outside, then secure with aluminum foil (twist into a candy). Then steam the rolls in the preheated combi steamer at 85°C in steam mode for approx. 20 minutes with a fan speed of 70%. Peanut butter dressing: Mix everything together in a high-performance blender to make a dressing, season to taste if necessary.

Name	Value	Unit
yogurt	100	g
sour cream 18%	100	g
salt	3	g
pepper white whole	1	g
peanut butter	50	g
vegetable broth	100	ml
medium hot mustard	5	g
rice vinegar	40	ml

Name	Value	Unit
chicken breast	4	pcs
spring garlic	40	g
bird's eye chili	0.25	pcs
garlic	2	g
peanut butter	90	g
sea-salt	2	g
cream 12%	20	ml
soy dipping sauce	40	ml

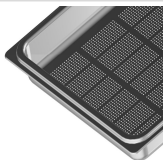
Nutrition and allergens

Allergens: 1, 7

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	463.8 kJ
Carbohydrate	23.8 g
Fat	33.9 g
Protein	15.3 g
Water	0 g

Recommended accessories



GN container Stainless steel perforated