

# Grilled Stuffed Squid

Cuisine: Japanese

Food category: Fish

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Company: Retigo Asia Limited



## Program steps

Preheating: 250 °C

1 Combination 30 % Termination by time 00:08 hh:mm 230 °C 80 %

## Ingredients - number of portions - 1

Name	Value	Unit
Fresh Squid	1	pcs
rice	500	g
veges	200	g
water	500	g
Garlic	10	g
Shallots	10	g
Lemongrass	10	g
bbq sauce	30	g
Lemon	1	pcs

## Directions

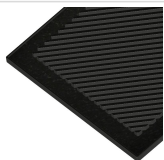
- 1.First clean the squid; remove the tentacles and wings and cut them into small pieces.
- 2.Steam rice and stired fried garlic, shallots and veges then mix together.
- 3.Fill squids with the fillings, seal the opening of the squid tubes with a couple of tooth picks. Do not overfill as the Squid will shrink when cooked.
- 4.Combination mode to grill it around 8 mins with 230°C.
- 5.Transfer the squid on a chopping board and let cool. Slice into rings before serving. Serve with salt, pepper and Lemon juice.

## Nutrition and allergens

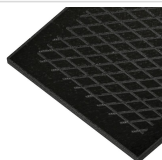
Allergens:  
Minerals: K, Mg, Zn  
Vitamins: B

Nutritional value of one portion	Value
Energy	1798.7 kJ
Carbohydrate	404.1 g
Fat	1.5 g
Protein	41.5 g
Water	0 g

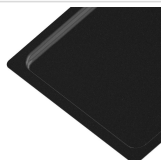
## Recommended accessories



Vision Grill Diagonal



Vision Grill



Vision Bake



Vision Express Grill