

Grilled lemongrass chicken wing

Cuisine: **South-East Asian**

Food category: **Poultry**



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Program steps

Preheating: 200 °C

1	Combination	30 %	Termination by time	05:00 mm:ss	190 °C	100 %	
2	Hot air	100 %	Termination by time	03:00 mm:ss	200 °C	100 %	

Ingredients - number of portions - 10

Name	Value	Unit
chicken wings	30	pcs
lemongrass paste	100	ml
Garlic puree	100	ml
Pulm sugar	70	g
Salt	100	g
freshly ground black pepper	20	g
fish sauce	50	ml
oyster sauce	50	ml

Nutrition and allergens

Allergens:

Minerals: Calcium, Iron, Magnesium, Phosphorus, Potassium, Sodium, Sodium: 38758 mg, Zinc

Vitamins: Folate, Niacin, Riboflavin, Thiamin, Vitamin A, Vitamin B6, Vitamin C, Vitamin K

Nutritional value of one portion	Value
Energy	31.4 kJ
Carbohydrate	8.3 g
Fat	0.1 g
Protein	0.2 g
Water	0.2 g

Directions

Step 1- Marinate chicken wing with all the ingredients together and let it rest for 1 hour.

Step 2- Select combination mode and place the vision express grill in the oven and pre heat will take place.

Step 3- When see the loading sign place the marinated chicken wing on the vision express grill.

Step 4- Once cooked the oven will buzz off and ready to serve.

Recommended accessories



Vision Express Grill