

Chilli prawns

Cuisine: **South-East Asian**

Food category: **Other**



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Program steps

Preheating: 180 °C

1	Combination	30 %	Termination by time	00:08 hh:mm	180 °C	100 %	
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Ingredients - number of portions - 10

Name	Value	Unit
Large prawns	1.1	kg
Corn flour	100	g
Oil	100	ml
Eggs	3	pcs
Sweet chilli sauce	150	ml
Tomato Ketchup	200	ml
Oyster sauce	100	ml
Salt	20	g
sugar	30	g
Water	150	ml
Spring onions	100	g

Nutrition and allergens

Allergens: EGG, Shellfish

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

Vitamins: B12, B6, E, Folate, Vitamin A, Vitamin B12, Vitamin C, Vitamin D, Vitamin K

Nutritional value of one portion	Value
Energy	160.5 kJ
Carbohydrate	11.6 g
Fat	0.5 g
Protein	24.5 g
Water	96.6 g

Directions

Mixed all the sauce together and keep aside.
Coated prawn with corn flour,oil and put into enameled GN container, cook for 5 minutes.
Pour the mixture and beaten eggs into the prawns, mixed it evenly and cook for another 3 minutes more.
When it's cook garnish with spring onions and serve.

Recommended accessories



Enameled GN
container