

BBQ Sambal Stingray

Cuisine: South-East Asian

Food category: Fish



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Program steps

Preheating: 200 °C

1	Hot air	100 %	Termination by time	00:10 hh:mm	190 °C	100 %	
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Ingredients - number of portions - 10

Name	Value	Unit
Stingrays	1.2	kg
Sambal chill paste	100	g
Oil	20	ml
Black pepper crose	10	g
Fish sauce	30	ml
Lemon zest	20	g
Lime wedges	10	pcs
banana leaves	20	g

Directions

Wash and cut the stingrays into 3 inch size.
Marinate all the ingredients together and keep in refrigerate for 30 minutes.
Grilling for 10 minutes. And serve with lime wedges.

Nutrition and allergens

Allergens:

Minerals: Calcium, Potassium, Sodium

Vitamins: Vitamin B6, Vitamin C

Nutritional value of one portion	Value
Energy	123.2 kJ
Carbohydrate	3.2 g
Fat	1.5 g
Protein	23.1 g
Water	97.5 g

Recommended accessories



Vision Express Grill