

Stir fried sambal prawns

Cuisine: South-East Asian

Food category: Fish



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Program steps

Preheating: 180 °C

1	Combination	50 %	Termination by time	00:06 hh:mm	180 °C	100 %	
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Ingredients - number of portions - 10

Name	Value	Unit
Prawns	1	kg
Sambal chilli paste	200	g
Oyster sauce	30	ml
White onions	100	g
Spring onions	20	g
Salt	5	g
Brown sugar	10	g
Oil	20	ml

Directions

Wash and cut skin half way.

When reach desire temperature drizzle with oil and place thr prawns to cook for 3 minutes.

Mixed sambal chilli, oyster sauce, salt, brown sugar and a little water to make sauce.

When buzzing add sambal sauce and fold it with prawn and cook for 3 more minutes.

In last minute add white onions and spring onion to finish it.

Nutrition and allergens

Allergens: CRUSTACEANS, Shellfish

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

Vitamins: B12, B3, B6, Folate, Vitamin A, Vitamin C, Vitamin K

Nutritional value of one portion	Value
Energy	135.4 kJ
Carbohydrate	6.3 g
Fat	1.7 g
Protein	24.5 g
Water	95.1 g

Recommended accessories



Enameled GN
container