


Char Kway Teow

Cuisine: **South-East Asian**
Food category: **Other**




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Program steps

Preheating: 180 °C

1


 Combination

 40 %

 Termination by time

 00:08
hh:mm

 180 °C

 100 %



| Ingredients - number of portions - 10 | | |
|---------------------------------------|-------|------|
| Name | Value | Unit |
| Flat rice noodles | 1.5 | kg |
| Shrimp | 400 | g |
| Fish cake | 300 | g |
| Squid rings | 200 | g |
| Eggs | 6 | pcs |
| Chinese sausage | 200 | g |
| Bean sprouts | 100 | g |
| Choy sum vegetables | 100 | g |
| Fish sauce | 100 | ml |
| Dark soy sauce | 100 | ml |
| Light soy sauce | 80 | ml |
| Sweet soy sauce | 80 | ml |
| Sambal chill paste | 100 | g |
| Chives | 100 | g |
| 5 tbsp vegetable oil | 100 | ml |

Directions

Mixed up all the sauce and keep a side.
Take place for preheating.
Mixed all the flat noodles and other ingredients on the enameled GN container, excluding vegetables and cook for 5 minutes.
Once cooked add vegetables and stir in all of sauce, continue cook for 3 minutes.
Serve with lime wedges.

| Nutrition and allergens | |
|--|-------|
| Allergens: Minerals: Cu, Mg, P Vitamins: A, C, D, E, K | |
| Nutritional value of one portion | Value |
| Energy | 0 kJ |
| Carbohydrate | 0 g |
| Fat | 0 g |
| Protein | 0 g |
| Water | 0 g |

Recommended accessories



Enameled GN
container