


Char Kway Teow

Cuisine: South-East Asian
Food category: Other



Author: Myat Ko ko





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
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