

Stir fried broccoli with mushrooms

Cuisine: **South-East Asian**

Food category: **Vegetables**



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Program steps

Preheating: **180 °C**

1



Combination



50 %



Termination by
time



00:07 hh:mm



180

°C



100

%



Ingredients - number of portions - 10

Name	Value	Unit
Broccoli	1	kg
Garlic crush	30	g
Dried red chilli	20	g
King Oyster Mushroom	300	g
hoisin sauce	30	ml
Oyster sauce	20	ml
Light soy sauce	20	ml
Salt	10	g
Brown sugar	15	g
Spring onions	40	g
Black pepper crose	10	g
Oil	40	ml
Chinese wine	15	ml
Threecolor capsicum (optional for color if want it)	200	g

Directions

- Cut a chunk size of broccoli and wash.
- Cut quarter of mushrooms and wash.
- Mix all the sauce and seasoning with a little water in the bowl.
- place garlic, broccoli with mushrooms and oil in the enameled GN container, and cook for 3 minutes. Then add the sauce and continue to cook for another 3 minutes.
- In last 1 minute add dried chilli, spring onions, Chinese wine and black pepper to finish it.

Nutrition and allergens

Allergens: Shellfish, Soy, SOY, Wheat
 Minerals: Calcium, Iron, Magnesium, Phosphorus,
 Potassium, Sodium, Sodium: 38758 mg
 Vitamins: B Vitamins, Folate, Vitamin A, Vitamin B6, Vitamin
 C, Vitamin E, Vitamin K

Nutritional value of one portion	Value
Energy	70.3 kJ
Carbohydrate	13.1 g
Fat	0.8 g
Protein	4.7 g
Water	113.4 g

Recommended accessories



Enameled GN
container