

Chicken Satay

Cuisine: South-East Asian

Food category: Poultry



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Program steps

Preheating: 200 °C

| | | | | | | | |
|---|---------|-------|---------------------|----------------|--------|-------|--|
| 1 | Hot air | 100 % | Termination by time | 00:08 hh:mm | 200 °C | 100 % | |
|---|---------|-------|---------------------|----------------|--------|-------|--|

Ingredients - number of portions - 0

| Name | Value | Unit |
|-------------------------|-------|------|
| Boneless Chicken thighs | 1 | kg |
| Turmeric powder | 15 | g |
| Garam masala | 50 | g |
| yogurt | 100 | ml |
| Palm sugar | 70 | g |
| Salt | 20 | g |
| lemongrass paste | 50 | g |
| Garlic puree | 50 | g |
| Shallots paste | 50 | g |
| ginger paste | 50 | g |

Nutrition and allergens

Allergens:

Minerals: Iron, Magnesium, Manganese, Potassium,

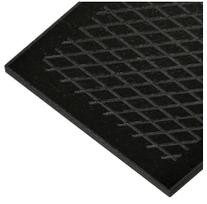
Sodium: 38758 mg, Zinc

Vitamins: Vitamin B6, Vitamin C, Vitamin E, Vitamin K

| Nutritional value of one portion | Value |
|----------------------------------|-------|
| Energy | 0 kJ |
| Carbohydrate | 0 g |
| Fat | 0 g |
| Protein | 0 g |
| Water | 0 g |

Directions

- Cut the boneless chicken thighs to strip.
- Marinate all the ingredients together and keep overnight. Skewered it before grilling.
- Place the vision grill and wait for preheating.
- When reach the desires temperature place the chicken satay to vision grill and cook for 8 minutes.
- When stay is cooked serve with peanut sauce.



Vision Grill