

Roasted chicken with green peppers corn (Vietnamese)

Cuisine: South-East Asian

Food category: Poultry



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Program steps

Preheating: 190 °C

1 Combination 30 % Termination by time 00:30 hh:mm 190 °C 100 %

Ingredients - number of portions - 10

| Name | Value | Unit |
|--------------------|-------|------|
| Chicken thighs | 1 | kg |
| Green peppers corn | 80 | g |
| Minced Garlic | 30 | g |
| Minced shallots | 30 | g |
| Minced ginger | 30 | g |
| Sweet chilli sauce | 40 | ml |
| Oyster sauce | 40 | ml |
| Sesame oil | 20 | ml |
| Honey | 20 | ml |
| Fish sauce | 20 | ml |

Nutrition and allergens

Allergens: SESAME, Shellfish
 Minerals: Calcium, Iron, Magnesium, Phosphorus,
 Potassium, Sodium, Zinc
 Vitamins: Folate, Vitamin B6, Vitamin C

| Nutritional value of one portion | Value |
|----------------------------------|----------|
| Energy | 220.5 kJ |
| Carbohydrate | 2.5 g |
| Fat | 11.9 g |
| Protein | 20.8 g |
| Water | 78.1 g |

Directions

Blend all the ingredients together excluding green peppers corn and marinate the chicken thighs. Leave for 4 to 5 hours.

Put the chicken thighs on vision express grill and bake for 15 minutes. Check the color and turn it on a half way for cook evenly.

Recommended accessories



Vision Express Grill