

# Stir fried chicken wings with fish sauce (Vietnamese)

Cuisine: South-East Asian

Food category: Poultry



Author: [Myat Ko ko](#)

## Program steps

Preheating: 190 °C

1 Combination 40 % Termination by time 00:15 hh:mm 180 °C 100 %

## Ingredients - number of portions - 10

Name	Value	Unit
chicken wings	1	kg
Shallots paste	50	g
Garlic paste	50	g
Minced shallots	20	g
Minced Garlic	20	g
fish sauce	60	ml
sugar	30	g
Sweet chilli sauce	40	ml
Black Pepper	10	g
Spring onions	50	g

## Directions

Marinate the chicken wings with shallots paste, garlic paste, fish sauce, sugar.

Roast the chicken wings around 10 minutes and add mince shallots, garlic, sweet chilli sauce, some water and braised for 5 minutes.

Once ready stir in chicken wings with spring onions and sprinkle with black pepper.

## Nutrition and allergens

Allergens:

Minerals: Calcium, Iron, Magnesium, Phosphorus, Potassium, Sodium, Zinc

Vitamins: Folate, Niacin, Riboflavin, Thiamin, Vitamin A, Vitamin B6, Vitamin C, Vitamin K

Nutritional value of one portion	Value
Energy	232.5 kJ
Carbohydrate	7.4 g
Fat	14.1 g
Protein	19.7 g
Water	14.9 g

## Recommended accessories



Enameled GN  
container