

Grilled Minced Pork with lemongrass stick

Cuisine: **South-East Asian**

Food category: **Pork**



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Program steps

Preheating: **190 °C**

1 Hot air 190 °C Termination by time 00:10 hh:mm 190 °C 100 %

Ingredients - number of portions - 10

Name	Value	Unit
Mince pork	1	kg
Fish cake	300	g
Pork fat	100	g
Minced shallots	30	g
Minced Garlic	30	g
Minced lemongrass	50	g
Chopped spring onions	30	g
Black Pepper	10	g
sugar	20	g
Salt	20	g
Lemongrass stalks	10	pcs

Nutrition and allergens

Allergens: F
 Minerals: Calcium, Iron, Magnesium, Phosphorus, Potassium, Sodium, Sodium: 38758 mg, Zinc
 Vitamins: Folate, Niacin, Riboflavin, Thiamin, Vitamin A, Vitamin B6, Vitamin C, Vitamin K

Nutritional value of one portion	Value
Energy	425.7 kJ
Carbohydrate	10 g
Fat	33.1 g
Protein	20.1 g
Water	90 g

Directions

Marinate all the ingredients together and skewered the mince pork mixtures with lemongrass stalks. When reach the desires temperature place the skewers on vision express grill and cook for 10 minutes.

Recommended accessories



Vision Express Grill