

# Glaze Chicken Thighs with ginger and coconut juice

Cuisine: **South-East Asian**

Food category: **Poultry**



Author: **Myat Ko ko**

## Program steps

Preheating: 190 °C

1	Combination	50 %	Termination by time	00:20 hh:mm	190 °C	100 %	
2	Hot air	100 %	Termination by time	00:03 hh:mm	180 °C	100 %	

## Ingredients - number of portions - 10

Name	Value	Unit
Chicken thighs	1.2	kg
Ginger Julianne	30	g
Minced Garlic	20	g
Brown Sugar	30	g
Fish sauce	30	ml
Dark soy sauce	30	ml
Coconut juice	300	ml
Red chilli slice	10	g
Black Pepper	10	g
Spring onions	20	g

## Directions

Marinate all the ingredients together and sear for 5 minutes. Add coconut juice and braised for 15 minutes or until glazed. Sprinkle with black pepper crose and serve.

## Nutrition and allergens

Allergens: Soy  
 Minerals: 660 mg, Calcium, Iron, Magnesium, Phosphorus, Potassium, Sodium, Sodium: 5, Zinc  
 Vitamins: Folate, Niacin, Riboflavin, Thiamin, Vitamin A, Vitamin B6, Vitamin C, Vitamin K

Nutritional value of one portion	Value
Energy	271.3 kJ
Carbohydrate	5 g
Fat	14.2 g
Protein	24.8 g
Water	83.1 g

## Recommended accessories



Enameled GN  
container