

Grilled squid with sambal chilli

Cuisine: South-East Asian

Food category: Fish



Author: Myat Ko ko

Program steps

Preheating: 180 °C

1	Hot air	100 %	Termination by time	00:10 hh:mm	180 °C	100 %	
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Ingredients - number of portions - 10

Name	Value	Unit
Whole squid	1.2	kg
Coriander leaves	20	g
Sambal chill paste	100	g
Bamboo skewers	10	pcs
Lime wedges	10	pcs

Directions

Cross the squid and marinade with sambal chilli and coriander leaves.
Roll out the squid and skewered it.
When reach the temperature place on the vision express grill and cook for 10 minutes.
Serve with lime wedges.

Nutrition and allergens

Allergens:

Minerals: Calcium, Iron, Magnesium, Potassium

Vitamins: Vitamin A, Vitamin B6, Vitamin C, Vitamin K

Nutritional value of one portion	Value
Energy	121.4 kJ
Carbohydrate	5 g
Fat	2 g
Protein	22.6 g
Water	103.4 g

Recommended accessories



Vision Express Grill