

Seafood fried rice

Cuisine: **South-East Asian**

Food category: **Side dishes**



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Program steps

Preheating: 200 °C

1	Hot air	100 %	Termination by time	00:03 hh:mm	190 °C	100 %	
2	Combination	50 %	Termination by time	00:06 hh:mm	180 °C	100 %	

Ingredients - number of portions - 10

Name	Value	Unit
Prawns	100	g
Dried fish	50	g
Squid	100	g
Cooked rice	1	kg
oyster sauce	50	ml
Salt	10	g
Garlic chopped	20	g
Egg	3	pcs
brown sugar	15	g
Spring onions	20	g
Vegetable oil	70	ml
freshly ground black pepper	5	g

Directions

- Take place for preheating.
- Put oil, garlic, prawns, dried fish and squid for fried 3 minutes.
- Add cooked rice and season all the ingredients excluding spring onions and black pepper and stir well to cook for 4 minutes.
- Add spring onions and black pepper, stir evenly and cook for 2 more minutes.

Nutrition and allergens

Allergens: CRUSTACEANS, EGG

Minerals: Calcium, Iron, Magnesium, Phosphorus, Potassium, Selenium, Sodium, Sodium: 38758 mg, Zinc
 Vitamins: A, B12, B3, B6, D, E, Folate, Niacin, Riboflavin, Thiamin, Vitamin A, Vitamin B12, Vitamin B6, Vitamin C, Vitamin E, Vitamin K

Nutritional value of one portion

Nutritional value of one portion	Value
Energy	177.3 kJ
Carbohydrate	31 g
Fat	0.9 g
Protein	10.4 g
Water	84.4 g

Recommended accessories



Enameled GN
container