


# 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

Nutrition and allergens	
Allergens:	
Minerals:	
Vitamins:	
Nutritional value of one portion	Value
Energy	5.8 kJ
Carbohydrate	1.4 g
Fat	0 g
Protein	0 g
Water	0 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 evently and cook for 2 more minutes.

## Recommended accessories



Enameled GN  
container