

Char Kway Teow

Cuisine: South-East Asian

Food category: Other



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Program steps

Preheating: 180 °C

1

 Combination

 40 %

 Termination by time

 00:08
hh:mm

 180 °C

 100 %



Ingredients - number of portions - 10		
Name	Value	Unit
Flat rice noodles	1.5	kg
Prawns	400	g
Fish cake	300	g
Squid rings	200	g
Eggs	6	pcs
Chinese sausage	200	g
Bean sprouts	100	g
Choy sum vegetables	100	g
Fish sauce	100	ml
Dark soy sauce	100	ml
Light soy sauce	80	ml
Sweet soy sauce	80	ml
Sambal chill paste	100	g
Chives	100	g
5 tbsp vegetable oil	100	ml

Nutrition and allergens	
Allergens: CRUSTACEANS, EGG, F, shellfish, Soy, SOY	
Minerals: 13 mg, 24 mg, 660 mg, Calcium: 83 mg, Cu, Iron, Iron: 1, Magnesium: 18 mg, Mg, P, phosphorus, Phosphorus, Phosphorus: 34 mg, Potassium: 296 mg, Selenium, sodium, Sodium, Sodium: 3 mg, Sodium: 5, Zinc, Zinc: 0	
Vitamins: 1 mg, 5 µg, A, B12, B3, B6, C, D, E, Folate: 58 µg, K, Vitamin A, Vitamin A: 356 IU, Vitamin B12, Vitamin C: 58, Vitamin D, Vitamin K: 212	

Directions

Mixed up all the sauce and keep a side.
Take place for preheating.
Mixed all the flat noodles and other ingredients on the enameled GN container, excluding vegetables and cook for 5 minutes.
Once cooked add vegetables and stir in all of sauce, continue cook for 3 minutes.
Serve with lime wedges.

Nutritional value of one portion	Value
Energy	370.2 kJ
Carbohydrate	47.7 g
Fat	10.1 g
Protein	23.4 g
Water	123 g

Recommended accessories



Enameled GN container