

Braised chicken thighs with cashew nuts and shitake mushroom

Cuisine: South-East Asian

Food category: Poultry



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Program steps

Preheating: 180 °C

1 Combination 50 % Termination by time 00:15 hh:mm 180 °C 100 %

Ingredients - number of portions - 10

Name	Value	Unit
Chicken Breast	800	g
Roasted cashew nuts	150	g
Dried shitake mushrooms	80	g
Minced shallots	50	g
Minced Garlic	20	g
Light soy sauce	30	ml
Brown Sugar	30	g
fish sauce	30	ml
Dried chilli	40	g
Roasted sesame seeds	10	g
Cooking oil	40	ml
Black Pepper	10	g

Nutrition and allergens

Allergens: Nuts, sesame, SOY

Minerals: 55mg, 75mg, Calcium, Calcium 975mg, Iron, Iron 14, Magnesium, Magnesium 351mg, Phosphorus, Phosphorus 578mg, Potassium, Potassium 468mg, Sodium, Zinc, Zinc 7

Vitamins: 25mg, 272mg, 291mg, 791mg, 802mg, Folate, Folate 97µg, Niacin, Niacin 4, Riboflavin, Riboflavin 0, Thiamin, Thiamin 0, Vitamin A, Vitamin B6, Vitamin B6 0, Vitamin C, Vitamin E, Vitamin E 0, Vitamin K

Directions

Cut the chicken breast to bite size and marinade with mince shallots, garlic, fish sauce, light soy sauce, brown sugar, black pepper and keep for 30 minutes. When the temperature reach stir fry all the ingredients about 12 minutes and adjust the seasoning. Sprinkle with roasted sesame seeds and spring onions for garnish.

Nutritional value of one portion	Value
Energy	276.3 kJ
Carbohydrate	18.5 g
Fat	10.7 g
Protein	29.3 g
Water	66.7 g

Recommended accessories



GN container Stainless steel full