

Steam Chicken Breast with Ginger & Soy sauce

Cuisine: **South-East Asian**

Food category: **Poultry**



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Program steps

Preheating: 100 °C

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Steaming
 Termination by time
 00:15 hh:mm
 99 °C
 80 %

Ingredients - number of portions - 10

Name	Value	Unit
Chicken Breast	1	kg
Garlic chopped	20	g
Ginger Jullian	40	g
Oyster sauce	30	ml
Light soy sauce	20	ml
sugar	20	g
Salt	10	g
Sesame oil	10	ml
Cooking oil	10	ml
Spring onions	20	g
Corn flour	20	g

Nutrition and allergens

Allergens: SESAME, Shellfish, SOY

Minerals: Calcium, Iron, Potassium, Sodium, Sodium: 38758 mg

Vitamins: Folate, Vitamin A, Vitamin C, Vitamin K

Nutritional value of one portion	Value
Energy	187.1 kJ
Carbohydrate	5 g
Fat	3.7 g
Protein	31.4 g
Water	80.5 g

Directions

Wash chicken breast and marinade with corn flour, salt and sesame oil.

Saute garlic, ginger, oyster sauce, light soy sauce and sugar. Add some water to bring to boil.

Pour the sauce on the chicken breast and steam for 10 minutes.

Garnish with spring onions and black pepper.



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