

Squid patties

Cuisine: **South-East Asian**

Food category: **Fish**



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Program steps

Preheating: 200 °C

1	Hot air	100 %	Termination by time	00:06 hh:mm	200 °C	100 %	
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Ingredients - number of portions - 10

Name	Value	Unit
Squid	1	kg
Fatty minced pork	100	g
Minced shallots	50	g
Minced Garlic	50	g
Dill	20	g
Black Pepper	10	g
Fish sauce	30	ml
sugar	30	g
Cooking oil	30	ml

Directions

Clean the squid and cut into thin strips. Mix well with all ingredients and leave for 1 hour.

Place the squid and minced pork in food processor and blend until smooth and supple.

Shape the squid mixture into round ball and flatten them.

Rubbing the oil on vision bake and place the squid patties.

Spray some oil on surface and bake for 5 to 6 minutes.

Nutrition and allergens

Allergens:

Minerals: Calcium, Iron, Magnesium, Manganese, Phosphorus, Potassium, Selenium, Sodium, Zinc

Vitamins: Folate, Niacin, Riboflavin, Thiamin, Vitamin A, Vitamin B12, Vitamin B6, Vitamin C, Vitamin E, Vitamin K

Nutritional value of one portion	Value
Energy	147.9 kJ
Carbohydrate	10.3 g
Fat	3.5 g
Protein	17.8 g
Water	95.5 g



Vision Bake