

# Steamed Chicken with green pepper corn(Vietnamese)

Cuisine: South-East Asian

Food category: Poultry



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## Program steps

Preheating: 100 °C

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Steaming
 Termination by time
 00:35 hh:mm
 99 °C
 + 50 %

## Ingredients - number of portions - 10

Name	Value	Unit
Whole Chicken	1.2	kg
enoki mushrooms	50	g
Straw mushrooms	50	g
black fungus	30	g
Carrot	100	g
Green peppers corn	100	g
Salt	20	g
sugar	20	g
Chicken seasoning powder	10	g
Spring onions	30	g

## Directions

Washed the chicken and marinade with salt, sugar and chicken seasoning powder.

Cut carrot, wash and soak the black fungus, wash enoki, straw mushroom and green pepper corn, spring onion to stuffed in the belly of chicken.

Wrapped the whole chicken with aluminium foil and steam for 35 minutes or can be use with probe censor.

## Nutrition and allergens

Allergens:

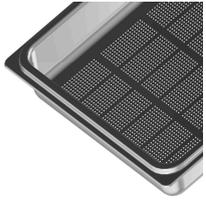
Minerals: Calcium, Copper, Iron, Magnesium, Potassium,

Sodium: 38758 mg

Vitamins: Folate, Vitamin A, Vitamin B2, Vitamin C, Vitamin D, Vitamin K

Nutritional value of one portion	Value
Energy	322.1 kJ
Carbohydrate	5.1 g
Fat	16.9 g
Protein	31.8 g
Water	97.2 g

## Recommended accessories



GN container Stainless  
steel perforated