


Stir fried broccoli with mushrooms

Cuisine: **South-East Asian**
Food category: **Vegetables**


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Program steps


Preheating: 180 °C


1

 Combination


 50 %

 Termination by time

 00:07 hh:mm

 180 °C

 100 %



Ingredients - number of portions - 10		
Name	Value	Unit
Broccoli	1	kg
Garlic crush	30	g
Dried red chilli	20	g
King Oyster Mushroom	300	g
hoisin sauce	30	ml
Oyster sauce	20	ml
Light soy sauce	20	ml
Salt	10	g
Brown sugar	15	g
Spring onions	40	g
Black pepper crose	10	g
Oil	40	ml
Chinese wine	15	ml
Threecolor capsicum (optional for color if want it)	200	g

Directions

-Cut a chunk size of broccoli and wash.

-Cut quarter of mushrooms and wash.

-Mix all the sauce and seasoning with a little water in the bowl.

-place garlic, broccoli with mushrooms and oil in the enameled GN container, and cook for 3 minutes. Then add the sauce and continue to cook for another 3 minutes.

-In last 1 minute add dried chilli, spring onions, Chinese wine and black pepper to finish it.

Nutrition and allergens	
Allergens:	
Minerals:	
Vitamins:	
Nutritional value of one portion	Value
Energy	10.5 kJ
Carbohydrate	0.8 g
Fat	0.1 g
Protein	1.1 g
Water	0 g

Recommended accessories



Enameled GN
container