

Pan fried red curry snake head fish

Cuisine: South-East Asian

Food category: Fish



Author: Myat Ko ko

Program steps

Preheating: 180 °C

1	Combination	40 %	Termination by time	00:06 hh:mm	160 °C	100 %	
---	-------------	------	---------------------	----------------	--------	-------	--

Ingredients - number of portions - 10

Name	Value	Unit
Snake Head fish fillet	1	kg
Thai Red curry paste	100	g
Fish sauce	30	ml
Palm sugar	30	g
Shredded lime leaf	10	g

Directions

Mix well all the ingredients together with snake head fish. Refrigerate for two hours. When the oven is reached to desired temperature place the fish on vision bake and cook for 6 minutes.

Nutrition and allergens

Allergens:

Minerals: Potassium, Sodium

Vitamins:

Nutritional value of one portion	Value
Energy	106.3 kJ
Carbohydrate	4.4 g
Fat	2.3 g
Protein	19.2 g
Water	81.9 g

Recommended accessories



Vision Bake