

# Bowl with panko chicken, kimchi rice, mini corn, peanuts

Cuisine: Other  
Food category: Poultry



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## Program steps

|   |                                                                                            |  |                                                                                            |                                                                                                       |                                                                                                       |                                                                                                  |                                                                                                  |                                                                                              |                                                                                               |                                                                                             |                                                                                              |                                                                                     |                                                                                     |
|---|--------------------------------------------------------------------------------------------|--|--------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| 1 | gotowanie ryżu                                                                             |  |                                                                                            |                                                                                                       |                                                                                                       |                                                                                                  |                                                                                                  |                                                                                              |                                                                                               |                                                                                             |                                                                                              |                                                                                     |                                                                                     |
|   |  Steaming |  |                                                                                            |  Termination by time |                                                                                                       |  00:30    hh:mm |                                                                                                  |  99    °C |                                                                                               |  50    % |                                                                                              |  |                                                                                     |
| 2 | wyjmij ryż wóóz kurczaka                                                                   |  |                                                                                            |                                                                                                       |                                                                                                       |                                                                                                  |                                                                                                  |                                                                                              |                                                                                               |                                                                                             |                                                                                              |                                                                                     |                                                                                     |
|   |  Hot air  |  |  100    % |                                                                                                       |  Termination by time |                                                                                                  |  00:10    hh:mm |                                                                                              |  210    °C |                                                                                             |  100    % |                                                                                     |  |

## Ingredients - number of portions - 10

| Name                | Value | Unit |
|---------------------|-------|------|
| chicken fillet      | 5     | pcs  |
| black rice          | 1     | kg   |
| kimchi              | 500   | g    |
| mini corn           | 10    | pcs  |
| plain wheat flour   | 100   | g    |
| breadcrumbs         | 200   | g    |
| egg                 | 5     | pcs  |
| peas                | 100   | g    |
| kikoman ponzu sauce | 100   | ml   |
| honey               | 50    | g    |

## Nutrition and allergens

| Allergens: 1, 3<br>Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn<br>Vitamins: A, B, C, Cholin, D, E, K, Kyselina listová |           |
|-----------------------------------------------------------------------------------------------------------------------------------------|-----------|
| Nutritional value of one portion                                                                                                        | Value     |
| Energy                                                                                                                                  | 1609.8 kJ |
| Carbohydrate                                                                                                                            | 103.6 g   |
| Fat                                                                                                                                     | 2.9 g     |
| Protein                                                                                                                                 | 12.5 g    |
| Water                                                                                                                                   | 0 g       |

## Directions

Clean the chicken fillet, season it with salt, ponzu sauce and honey (to season the meat better, you can optionally pack the marinade with the meat in a vacuum sealer). After marinating the meat, coat it with flour, egg and panko.

We will fry the chicken fillet in a fryer at 160 degrees for about 10 minutes.

Cook the tteokbokki rice dumplings in the Retigo oven. We need to preheat the steam oven to 99 degrees, then line gn 1/1 20 mm with saga paper and apply oil on it. When the oven heats up, moisten the noodles with water from the hose provided with the oven and cook for about 8 minutes.

\*The recipe for cooking rice dumplings can be found on Combioline

At the same time, fry the mini corn on the induction hob.

Place the prepared elements of the dish next to each other, preferably in a round, deeper dish.

Sprinkle the entire dish with peanuts