


Stir fried chicken wings with fish sauce (Vietnamese)

Cuisine: South-East Asian
Food category: Poultry







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Program steps


Preheating: 190 °C


1


 Combination


 40 %

 Termination by time

 00:15 hh:mm

 180 °C

 100 %



| Ingredients - number of portions - 10 | | |
|---------------------------------------|-------|------|
| Name | Value | Unit |
| chicken wings | 1 | kg |
| Shallots paste | 50 | g |
| Garlic paste | 50 | g |
| Minced shallots | 20 | g |
| Minced Garlic | 20 | g |
| fish sauce | 60 | ml |
| sugar | 30 | g |
| Sweet chilli sauce | 40 | ml |
| Black Pepper | 10 | g |
| Spring onions | 50 | g |

Directions

Marinate the chicken wings with shallots paste, garlic paste, fish sauce, sugar.

Roast the chicken wings around 10 minutes and add mince shallots, garlic, sweet chilli sauce, some water and braised for 5 minutes.

Once ready stir in chicken wings with spring onions and sprinkle with black pepper.

| Nutrition and allergens | |
|----------------------------------|--------|
| Allergens: | |
| Minerals: | |
| Vitamins: | |
| Nutritional value of one portion | Value |
| Energy | 213 kJ |
| Carbohydrate | 3 g |
| Fat | 14 g |
| Protein | 19 g |
| Water | 0 g |

Recommended accessories



Enameled GN
container