


# Seafood fried rice















Cuisine: **South-East Asian**  
Food category: **Side dishes**

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## Program steps

Preheating: 200 °C

1	 Hot air	 100 %	 Termination by time	 00:03 hh:mm	 190 °C	 100 %	
2	 Combination	 50 %	 Termination by time	 00:06 hh:mm	 180 °C	 100 %	

Ingredients - number of portions - 10		
Name	Value	Unit
Prawns	100	g
Dried fish	50	g
Squid	100	g
Cooked rice	1	kg
oyster sauce	50	ml
Salt	10	g
Garlic chopped	20	g
Egg	3	pcs
brown sugar	15	g
Spring onions	20	g
Vegetable oil	70	ml
freshly ground black pepper	5	g

Nutrition and allergens	
Allergens: Minerals: Vitamins:	
Nutritional value of one portion	Value
Energy	5.8 kJ
Carbohydrate	1.4 g
Fat	0 g
Protein	0 g
Water	0 g

Directions

-Take place for preheating.

-Put oil, garlic, prawns, dried fish and squid for fried 3 minutes.

-Add cooked rice and season all the ingredients excluding spring onions and black pepper and stir well to cook for 4 minutes.

Add spring onions and black pepper, stir evently and cook for 2 more minutes.

## Recommended accessories



Enameled GN  
container