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 włóż 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
Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn
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 ttekbooki 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