

# Dish Technical Cards

## Peking Duck

Ingredient	Amount
Duck	500 g
Pancakes	4 pcs
Cucumber	50 g
Hoisin sauce	30 g

**Calories:** 620 kcal

**Preparation:** Roast the duck until crispy, serve with pancakes, cucumber, and hoisin sauce.

## **Tom Yum Soup**

Ingredient	Amount
Shrimp	100 g
Mushrooms	50 g
Lemongrass	10 g
Coconut milk	100 ml

**Calories:** 280 kcal

**Preparation:** Prepare broth with lemongrass, add shrimp and mushrooms, pour in coconut milk.

## Fried Rice with Vegetables

Ingredient	Amount
Rice	150 g
Carrots	50 g
Peas	40 g
Soy sauce	20 ml

**Calories:** 350 kcal

**Preparation:** Stir-fry vegetables, add cooked rice and soy sauce, mix well.

## **Udon Noodles with Chicken**

Ingredient	Amount
Udon noodles	150 g
Chicken	120 g
Bell pepper	50 g
Soy sauce	25 ml

**Calories:** 430 kcal

**Preparation:** Stir-fry chicken, add vegetables and noodles, season with soy sauce.

## Spring Rolls

Ingredient	Amount
Rice paper	3 pcs
Carrots	40 g
Cucumber	40 g
Chili sauce	20 ml

**Calories:** 180 kcal

**Preparation:** Wrap vegetables in rice paper, serve with chili sauce.