

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.