


Korean Meatball Egg Pan

eikon® e1s

 01:45

This recipe is available for:





- eikon® e1s

Accessories:




Earthenware Bowl



P
R
O
F
I
L
E




-  260 °C
-  Chilled 4°C
-  1 Portion
-  Partially Cooked

Stage 1

-  01:00
-  50 %
-  100 %

Stage 2

Add the Egg

-  00:45
-  10 %
-  100 %

R
E
C
I
P
E

Ingredients

- 100 g Whole Peeled Plum Tomatoes
- 100 g Meatballs precooked
- 50 g Onions
- 50 g Broccoli florets
- 1 tsp Gochujang (Chilli Paste)
- 1 tbs Ganjang (Soya Sauce)
- 1 tsp Garlic finely chopped
- 1 pcs Egg

1. Food Preparation

Cut the onion in bigger cubes. Mix the tomatoes with garlic, chilli paste and soya sauce and fill it with the meatballs, onions and broccoli into the bowl.

2. Cooking Instruction

Cook as per oven profile. After step 1 pour the egg into the centre of the sauce and continue to cook as per profile.

3. Food Serving Instruction

Remove the cooked food from the bowl and serve.