

Laksa Goreng

Maklumat Pemakanan

- K a l o r i : 3 6 7 . 7 3 k c a l
- K a r b o : 1 . 3 4 g
- P r o t i n : 3 6 . 4 4 g
- L e m a k : 2 4 . 4 1 g
- F i b e r : 0 . 8 0 g

Bahan-bahan

- M i n y a k m a s a k - 2
- C i l i K i s a r - 1 s u d u b e s a r
- S o s c i l i - 1 s u d u b e s a r
- U d a n g , d i k u p a s k u l i t d a n d i b e r s i h k a n - 1 0 s u d u
- M i L a k s a - 3 2 5 g
- D a u n b a w a n g , d i p o t o n g - 2 1 / 2 r e n t e t a n
- L o b a k m e r a h , d i p o t o n g m a n c i s n i p i s - 2 5 g
- S a w i , d i p o t o n g - 5 0 g
- K i c a p m a n i s - 1 1 / 2 g
- K i c a p p e k a t - 1 / 2 g
- A J I - S H I O® B o t o l L a d a H i t a m (4 5 g) - 1 / 2
- B a w a n g m e r a h - 2 1 / 2 g
- B a w a n g p u t i h - 2 u l a s a n
- B a w a n g K u n i n g - 1 / 4
- A i r - 1 / 4 c a w a n

Cara-cara

- 1 K i s a r k a n b a h a n - b a h a n (A) s e h i n g g a h a l u s .

- 2 .P a n a s k a n m i n y a k m a s a k . T u m i s k a n b a h a n - b a h a n p e c a h m i n y a k .
- 3 M a s u k k a n u d a n g d a n g o r e n g s e h i n g g a m a s a k s e p
- 4 M a s u k k a n l a k s a , d a u n b a w a n g , l o b a k m e r a h , k i s e h i n g g a s e k a t a .
- 5 .P e r a s a d e n g a n A J I - S H I O® L a d a B e r p e r i s a . G a u l
- 6 .S e d i a u n t u k d i h i d a n g .