

กินดี มีสุข



Corn Laab

Ingredients

• Corn Kernels	3/4 cup	or	100 g
• Minced Chicken Breast Meat	1 2/3 tbsp	or	30 g
• Shallot	1	tbsp	15 g
• Chopped Parsley	1/2	tbsp	5 g
• Water for boiling the corn	500	ml	
• Water for boiling the Minced Chicken Breast Meat	100	ml	
• Water for mixing with RosDee menu Laab	2	tbsp	or 20 ml
• RosDee menu Laab	1/2	tbsp	or 7 g

Our Products



RosDee menu Laab
รสดีเมนู ลาบ-น้ำตก

Cooking Method

1. Heat up water in a pot with medium to high temperature. Add Corn Kernels and boil for 5 about minutes then turn off the heat. Scoop the kernels out and let them cool off.
2. Heat up water in a pot with medium to high temperature. Add minced chicken breast meat and boil for about 3-5 minutes until it is cooked then let it rest.
3. Mixing water with RosDee menu Laab, stir them well until melt and follow with chopped shallot and shopped parsley then mix them all well together.
4. Add cooked chicken breast with the corn and mix them together then prepare on a dish and ready to serve.

Tips

- This menu should be prepared close to serving time as possible, as it can be kept for about 3 hours after the ingredients are mixed.
- For nice looking corn kernels, pick them off before boiling.