



Chilli Gar Fish

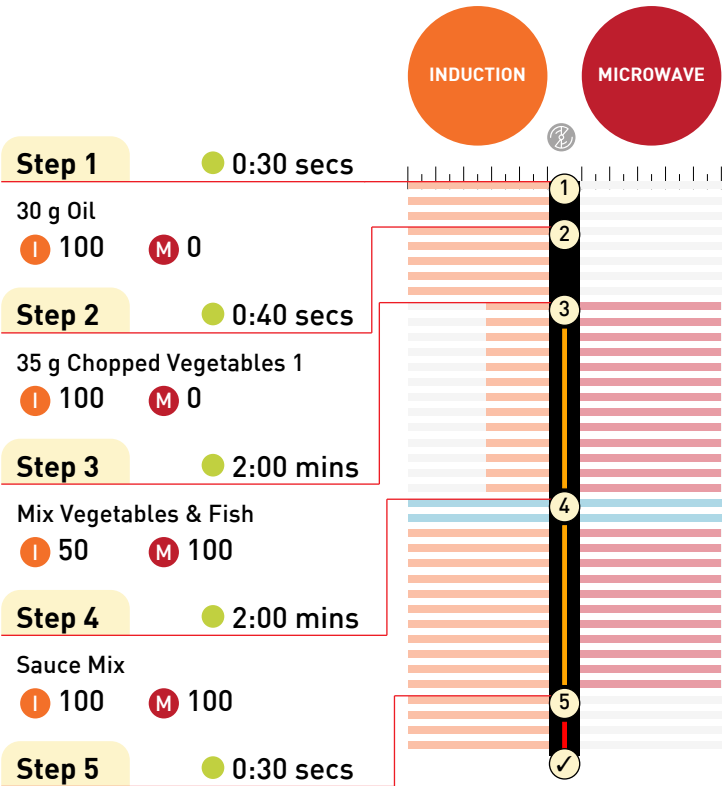
Cooking Time _____

On2Cook: 5:40 mins Normal Cooking: 10 mins

Accessories: Pan Honeycomb (Non-Stick), Silicone Stirrer

Ingredients _____

- 30 g Oil
- 35 g Chopped Vegetables 1
 - 10 g Ginger, 20 g Garlic
 - 5 g Green Chilli
- 300 g Mix Vegetables & Fish
 - 25 g Baby Corn, 25 g Broccoli
 - 25 g Zucchini, 25 g Mushroom
 - 25 g Mix Bell Pepper, 25 g Carrot
 - 150 g Fish
- 57 g Sauce Mix
 - 5 g Aromat Powder, 2 g Salt
 - 10 g Soy Sauce
 - 20 g Chilli Garlic Sauce
 - 20 g Tomato Ketchup
- 30 g Slurry
 - 10 g Cornflour, 20 g Water



Total Output:
420 G