



Paneer Chili Dry

Cooking Time _____

On2Cook: 3:10 mins Normal Cooking: 12 mins

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

Ingredients _____

- 20 g

Oil
- 15 g

Ginger & Garlic
- 10 g Garlic, 5 g Ginger
- 130 g

Diced Vegetables
- 60 g Onion, 60 g Green Capsicum
- 10 g Green Chilli
- 44 g

Mix Sauce
- 20 g Schezwan Sauce
- 10 g Light Soya, 2 g Vinegar
- 10 g Ketchup, 2 g Aromat Powder
- 60 ml

Water
- Takeitfromthebottle
- 25 g

Cornflour Slurry
- 5 g Corn Flour, 20 g Water
- 7 g

Garnish
- 5 g Spring Onion
- 2 g Green Coriander

INDUCTION

MICROWAVE

Step 1

0:20 secs

30 g Oil

I 100

M 0

Step 2

0:10 secs

15 g Ginger & Garlic

I 80

M 0

Step 3

1:00 min

130 g Diced Vegetables

I 80

M 100

Step 4

0:40 secs

44 g Mix Sauce, 50 ml Water

I 100

M 100

Step 5

0:20 secs

25 g cornflour

I 100

M 100

Step 6

0:40 secs

275 g Fried Paneer

I 80

M 100

Step 7

0:00 secs

Garnish

I 0

M 0

1

2

3

4

5

6

✓

Total Output:
350 G