



Stir Fry Noodles

Cooking Time _____

On2Cook: 2:30 mins Normal Cooking: 15 mins

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

Ingredients _____

- 15 g

Oil
- 20 g Oil
- 160 g

Exotic Vegetables
- 10 g Garlic, 5 g Ginger
- 5 g Green Chilli, 40 g Onion
- 20 g Red Bell Pepper
- 20 g Yellow Zucchini
- 20 g Green Zucchini, 20 g Broccoli
- 20 g Carrot
- 249 g

Mix Sauce & Noodles
- 20 g Sichuan Sauce
- 25 g Brown Stir Fried Sauce
- 4 g Aromat Powder
- 200 g Boiled Noodles
- 5 g

Spring Onion
- 5 g Spring Onion

INDUCTION

MICROWAVE

Step 1

0:30 secs

15 g Oil

I 100

M 0

Step 2

1:30 mins

160 g Exotic Vegetables

I 100

M 100

Step 3

0:30 secs

Mix Sauce & Noodles

I 30

M 100

Step 4

0:00 secs

5 g Spring Onion

I 0

M 0

1

2

3

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Total Output:
400 G