



Chicken Chilli G

Cooking Time

On2Cook: 3:30 mins Normal Cooking: 12 mins

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

Ingredients

- 20 g Oil
- 15 g Chopped Vegetables 1
10 g Garlic, 5 g Ginger
- 130 g Mix Vegetables
60 g Onion, 60 g Capsicum
10 g Green Chilli
- 52 g Mix Sauce
25 g Schezwan Sauce
10 g Light Soy Sauce, 2 g Vinegar
5 g Ketchup, 10 g Oyster Sauce
- 150 ml Water
- 25 g Cornflour Slurry
5 g Corn Flour, 20 g Water
- 180 g Chinese Fried Chicken
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- 7 g Garnish
5 g Spring Onion
2 g Fresh Coriander

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

Mix Vegetables

I 80 M 100

Step 4 1:00 min

52 g Mix Sauce, 150 ml Water

I 100 M 100

Step 5 0:20 secs

25 g Cornflour Slurry

I 50 M 100

Step 6 0:40 secs

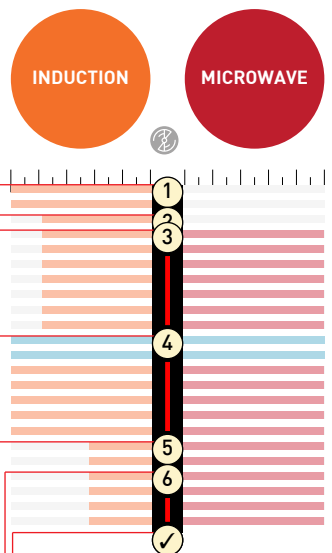
180 g Chinese Fried Chicken

I 50 M 100

Step 7 0:00 secs

Garnish

I 0 M 0



Total Output:
350G