



Stir Fry Fish

Cooking Time _____

On2Cook: 4:30 mins Normal Cooking: 10 mins
Accessories: Pan Honeycomb (Non-Stick), Silicone Stirrer

Ingredients _____

- 30 g Oil
- 45 g Chopped Vegetables
- 10 g Ginger, 30 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
- 18 g Sauce Mix
- 5 g Aromat Powder, 2 g Salt
- 5 g Soy Sauce, 4 g Vinegar
- 2 g Sugar
- 22 g Slurry
- 2 g Cornflour, 20 g Water

Step 1 0:30 secs

30 g Oil
 I 100 M 0

Step 2 0:30 secs

35 g Chopped Vegetables
 I 100 M 0

Step 3 1:00 min

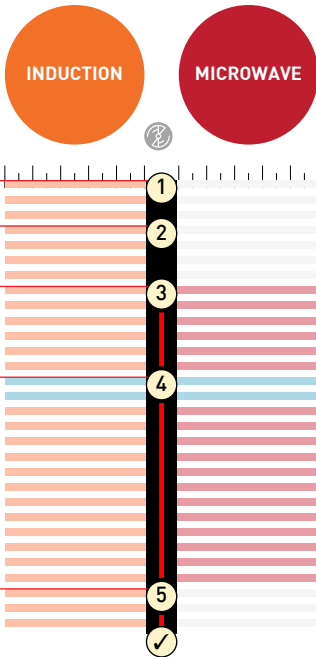
Mix Vegetables & Fish
 I 100 M 100

Step 4 2:00 mins

Sauce Mix
 I 100 M 100

Step 5 0:30 secs

22 g Slurry
 I 100 M 0



Total Output:
 420 G