



Chi Quesadilla

Cooking Time _____

On2Cook: 2:50 mins Normal Cooking: 8 mins

Accessories: Pan Honeycomb (Non-Stick)

Ingredients _____

- 1 number Tortilla
- 30 g Vegitable Mix
- 10 g Onion, 6 g Green Capsicum
- 7 g Red Capsicum
- 7 g Yellow Capsicum
- 63 g Marinated Chicken & Cheese
- 30 g Chicken Diced
- 30 g Mozzarella Cheese Shredded
- 1 g Black Pepper, 1 g Peri Peri
- 1 g Salt
- 10 g Oil 5g, Butter 5g (For Brushing)

INDUCTION

MICROWAVE

Step 1

0:30 secs

Brushing)

Oil 5g, Butter 5g (For

I

100

M

0

Step 2

1:10 mins

1 number Assembled Quesadilla

I

40

M

100

Step 3

1:10 mins

Assembled Quesadilla Flip

I

30

M

100

1

2

3

✓

Total Output:
1 PORTION