



Chilli Gar Fish

Cooking Time _____

On2Cook: 5:40 mins Normal Cooking: 10 mins

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

Ingredients _____

- 30 g

Oil
- 35 g

Chopped Vegetables 1
- 10 g

Ginger, 20 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
- 57 g

Sauce Mix
- 5 g

Aromat Powder, 2 g Salt
- 10 g

Soy Sauce
- 20 g

Chilli Garlic Sauce
- 20 g

Tomato Ketchup
- 30 g

Slurry
- 10 g

Cornflour, 20 g Water

Step 1 0:30 secs

30 g Oil
I 100 M 0

Step 2 0:40 secs

35 g Chopped Vegetables 1
I 100 M 0

Step 3 2:00 mins

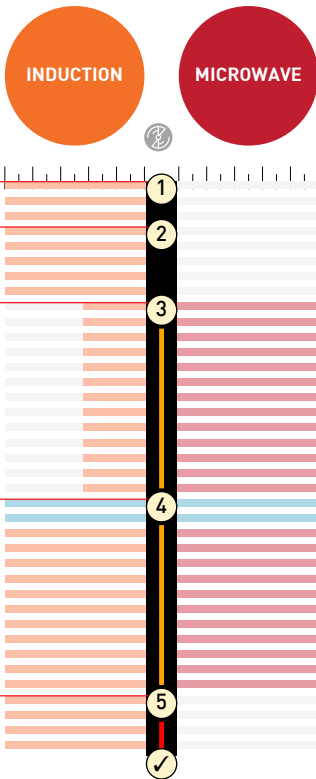
Mix Vegetables & Fish
I 50 M 100

Step 4 2:00 mins

Sauce Mix
I 100 M 100

Step 5 0:30 secs

30 g Slurry
I 100 M 0



Total Output:
420 G