



# Chi Quesadilla

Cooking Time \_\_\_\_\_

On2Cook: 2:50 mins    Normal Cooking: 8 mins

Accessories: Pan Honeycomb (Non-Stick)

Ingredients \_\_\_\_\_

- 1 number    Tortilla
- 30 g        Vegetable 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