



Stir Fry Fish

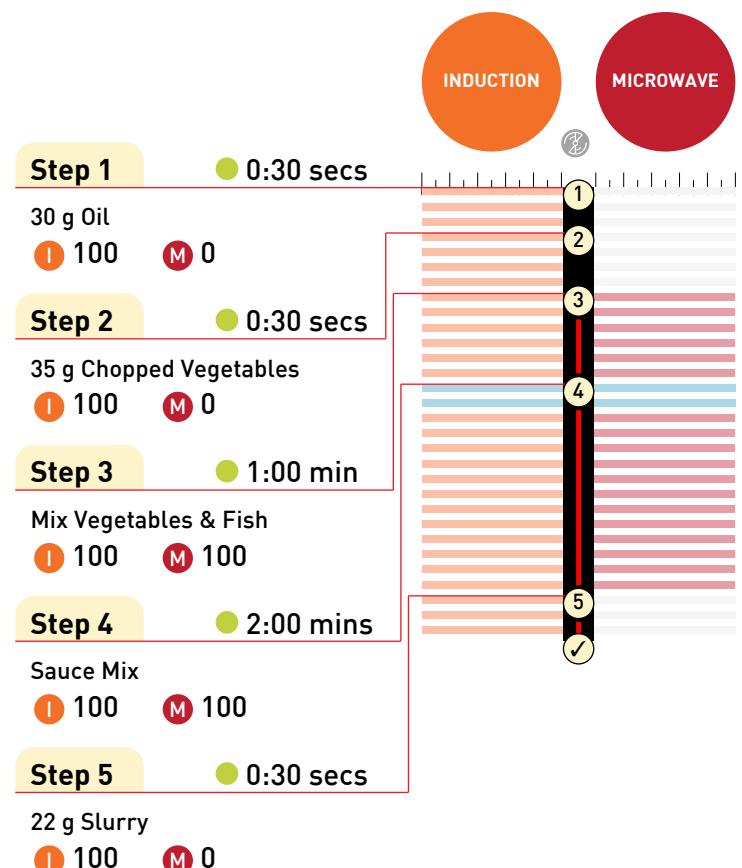
Cooking Time

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



Total Output:
420 G