



Paneer Chilli G

Cooking Time _____

On2Cook: 3:30 mins Normal Cooking: 12 mins

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

Ingredients _____

- 20 g

Oil
- 15 g

Chopped Vegetables 1
- 10 g Garlic, 5 g Ginger
- 130 g

Mix Vegetables
- 60 g Onion, 60 g Capsicum
- 10 g Green Chilli
- 52 g

Mix Sauce
- 25 g Schezwan Sauce
- 10 g Light Soy Sauce, 2 g Vinegar
- 5 g Ketchup, 10 g Oyster Sauce
- 150 ml

Water
- 25 g

Cornflour Slurry
- 5 g Corn Flour, 20 g Water
- 7 g

Garnish
- 5 g Spring Onion
- 2 g Fresh Coriander

Step 1 0:20 secs

30 g Oil
I 100 M 0

Step 2 0:10 secs

15 g Ginger & Garlic
I 80 M 0

Step 3 1:00 min

Mix Vegetables
I 80 M 100

Step 4 1:00 min

52 g Mix Sauce, 150 ml Water
I 100 M 100

Step 5 0:20 secs

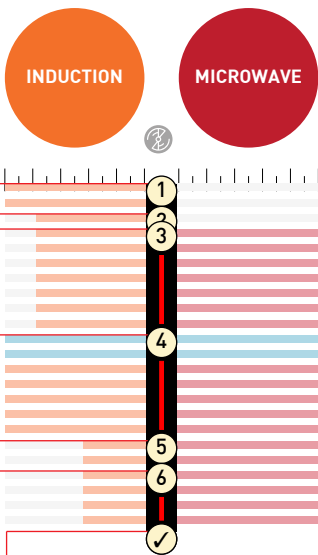
25 g Cornflour Slurry
I 50 M 100

Step 6 0:40 secs

180 g Chinese Fried Paneer
I 50 M 100

Step 7 0:00 secs

Garnish
I 0 M 0



Total Output:
350 G