



Grl Chi Breast

Cooking Time _____

On2Cook: 2:50 mins Normal Cooking: 8 mins

Accessories: Pan Honeycomb (Non-Stick)

Ingredients _____

- 195 g

Marinated Chicken Breast Boneless
- 180 g Chicken Breast Boneless
- 10 g Oil, 2 g Garlic, 1 g Salt
- 1 g Chilli Flakes
- 1 g Oregano Seasoning
- 1 g

Water
- 0 g

Turn
- 0 g

Done

Step 1 0:50 secs

Boneless
Marinated Chicken Breast

I 100 M 100

Step 2 0:20 secs

1 g Water

I 70 M 100

Step 3 0:30 secs

Turn

I 60 M 100

Step 4 0:30 secs

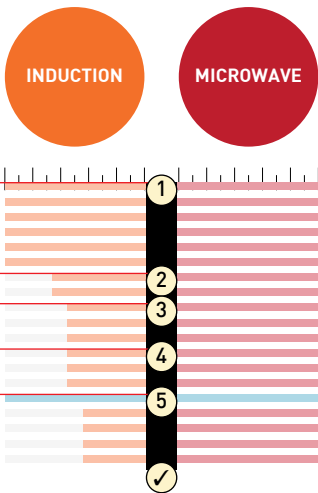
1 g Water

I 60 M 100

Step 5 0:40 secs

Turn

I 50 M 100



Total Output:
170 G