



Pepper Quinoa

Cooking Time _____

On2Cook: 3:15 mins Normal Cooking: 25 mins

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

Ingredients _____

- | | |
|-------|----------------------------------|
| 20 g | Oil |
| 10 g | Garlic |
| 60 g | Mixed Vegetable |
| | 20 g Red Bell Pepper |
| | 20 g Yellow Bell Pepper |
| | 20 g Broccoli |
| 12 g | Mixed Seasoning |
| | 3 g Salt, 1 g White Pepper |
| | 2 g Mix Herbs, 1 g Chilli Flakes |
| | 5 g Parsley |
| 300 g | Boiled Quinoa |

Step 1 0:30 secs

20 g Oil

I 100

M 0

Step 2 0:15 secs

10 g Garlic

I 100

M 0

Step 3 1:00 min

Mixed Vegetable

I 40

M 100

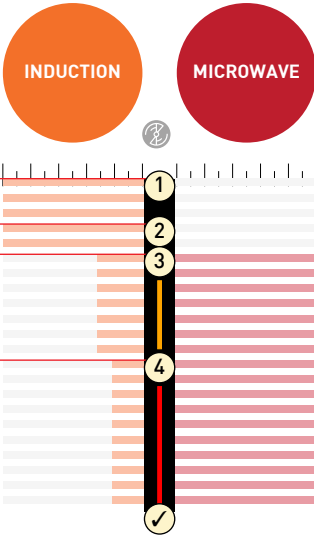
Step 4 1:30 mins

Mixed Seasoning

300 g Boiled Quinoa, 12 g

I 30

M 100



Total Output:
400 G