



Chi Stir Fry Ndl

Cooking Time _____

On2Cook: 3:00 mins Normal Cooking: 15 mins

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

Ingredients _____

15 g	Oil
250 g	Exotic Vegetables & Chicken
	10 g Garlic, 5 g Ginger
	5 g Green Chilli, 50 g Onion
	20 g Red Bell Pepper
	20 g Yellow Zucchini
	20 g Green Zucchini, 20 g Broccoli
	20 g Carrot, 80 g Chicken Shredded
250 g	Mix Sauce & Noodles
	20 g Schezwan Sauce
	15 g Oyster Sauce
	5 g Light Soya Sauce
	5 g Dark Soya Sauce
	5 g Aromat Powder
	200 g Boiled Noodles
5 g	Garnish Spring Onion

Step 1 ● 0:30 secs

15 g Oil

I 100

M 0

Step 2 ● 1:30 mins

Chicken

250 g Exotic Vegetables &

I 100

M 100

Step 3 ● 1:00 min

Mix Sauce & Noodles

I 30

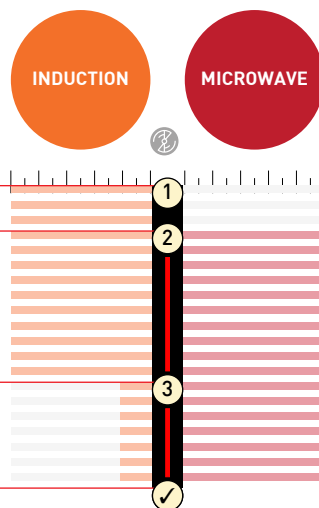
M 100

Step 4 ● 0:00 secs

5 g Spring Onion

I 0

M 0



Total Output:
450 G