



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

Step 1 0:30 secs

30 g Oil
I 100 M 0

Step 2 0:30 secs

35 g Chopped Vegetables
I 100 M 0

Step 3 1:00 min

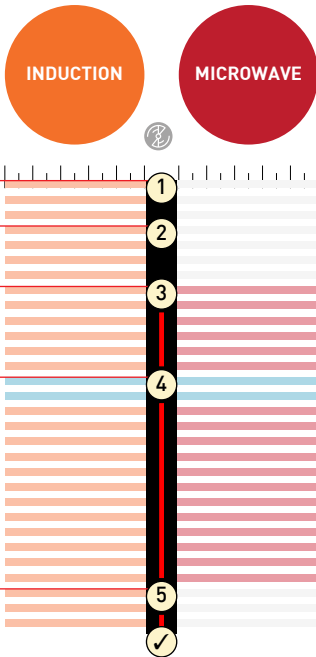
Mix Vegetables & Fish
I 100 M 100

Step 4 2:00 mins

Sauce Mix
I 100 M 100

Step 5 0:30 secs

22 g Slurry
I 100 M 0



Total Output:
420 G