



Chilli Gar Fish

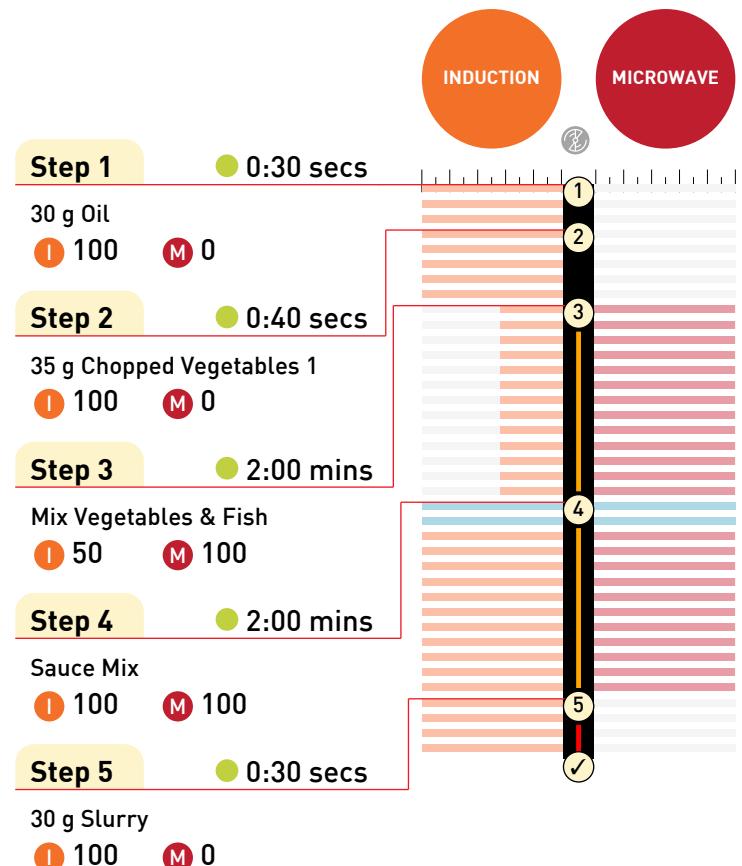
Cooking Time

On2Cook: 5:40 mins Normal Cooking: 10 mins

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

Ingredients

30 g	Oil
35 g	Chopped Vegetables 1
	10 g Ginger, 20 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
57 g	Sauce Mix
	5 g Aromat Powder, 2 g Salt
	10 g Soy Sauce
	20 g Chilli Garlic Sauce
	20 g Tomato Ketchup
30 g	Slurry
	10 g Cornflour, 20 g Water



Total Output:
420 G