



Chicken San

Cooking Time _____

On2Cook: 4:00 mins Normal Cooking: 30 mins

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

Ingredients _____

- 169 g Oil & Mix Ingredients
 - 30 g Olive Oil, 5 g Chopped Garlic
 - 1 g Chopped Basil Leaves
 - 1 g Black Pepper, 1 g Salt
 - 1 g Oregano, DicedChicken130
- 105 g Exotic Vegetables
 - 15 g Broccoli, 15 g Green Capsicum
 - 15 g Yellow Capsicum
 - 15 g Red Capsicum
 - 15 g Green Zucchini
 - 15 g Yellow Zucchini
 - 15 g Chopped Garlic
- 257 g Veloute Sauce & Other Ingredients
 - 200 g Veloute Sauce, 20 g Cheese
 - 30 g Cream, 1 g Oregano
 - 1 g Chilli Flakes, 1 g Black Pepper
 - 1 g Salt, 2 g Chopped Basil leaves
 - 1 g Sugar
- 100 ml Water (Auto)

Total Output:
500GM