



# 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**