



Grl Chi Breast

Cooking Time _____

On2Cook: 2:50 mins Normal Cooking: 8 mins

Accessories: Pan Honeycomb (Non-Stick)

Ingredients _____

195 g Marinated Chicken Breast Boneless

180 g Chicken Breast Boneless

10 g Oil, 2 g Garlic, 1 g Salt

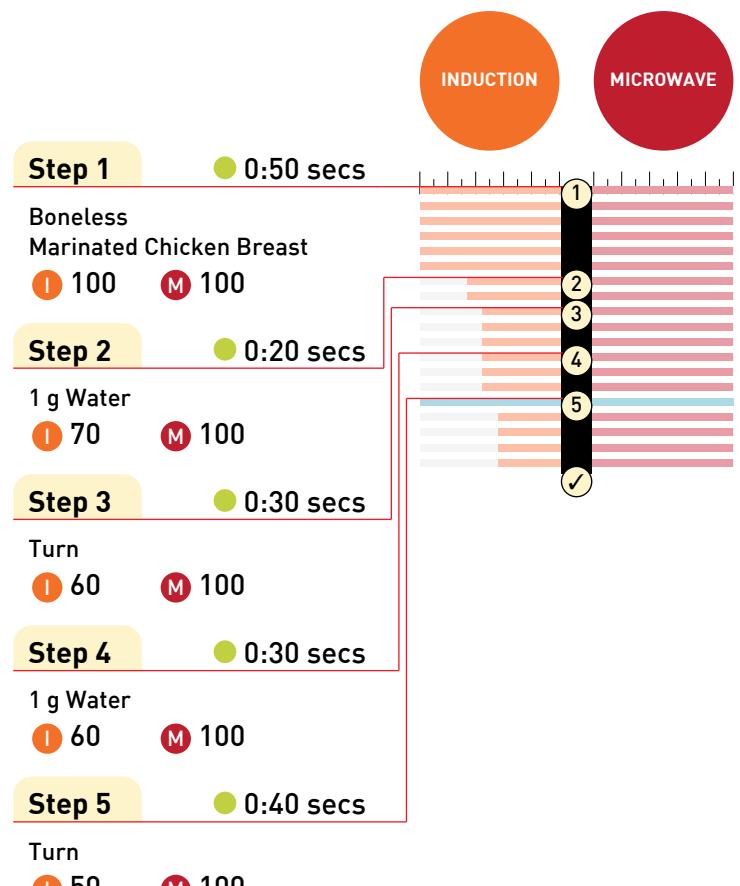
1 g Chilli Flakes

1 g Oregano Seasoning

1 g Water

0 g Turn

0 g Done



Total Output:
170 G