



# Egg Chl Gar Rice

Cooking Time \_\_\_\_\_

On2Cook: 3:30 mins    Normal Cooking: 12 mins

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

Ingredients \_\_\_\_\_

- 20 g
- Oil
- 80 g
- Egg
- 97 g
- Vegetables
- 10 g Garlic, 5 g Ginger
- 10 g Green Chilli
- 2 g Chilli Flakes, 30 g Carrot
- 20 g Beans, 20 g Capsicum
- 360 g
- Rice & Mix Sauce
- 300 g Boiled Rice
- 40 g Schezwan Sauce
- 10 g Light Soya Sauce, 5 g Vinegar
- 5 g Aromat

Step 1 0:30 secs

20 g Oil  
I 100 M 0

Step 2 0:30 secs

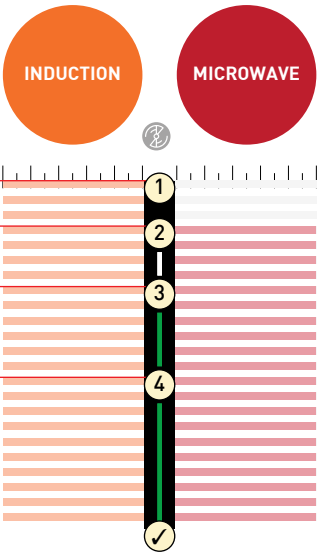
80 g Egg  
I 100 M 100

Step 3 1:00 min

97 g Vegetables  
I 100 M 100

Step 4 1:30 mins

Rice & Mix Sauce  
I 100 M 100



Total Output:  
450 G