



# Penne Arrabiata

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

On2Cook: 15:00 mins    Normal Cooking: 40 mins

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

Ingredients \_\_\_\_\_

- |       |                                  |
|-------|----------------------------------|
| 30 g  | Oil                              |
| 10 g  | Chopped Garlic                   |
| 6 g   | Chilli Flakes & Oregano          |
|       | 3 g Chilli Flakes, 3 g Oregano   |
| 200 g | Arrabiata Sauce                  |
| 100 g | Vegetables                       |
|       | 25 g Broccoli, 25 g Zucchini     |
|       | 25 g Bell Pepper, 25 g Baby Corn |
| 105 g | Penne Pasta & Salt               |
|       | 100 g Penne Pasta, 5 g Salt      |

Step 1 ● 0:30 secs

30 g Oil  
I 100 M 0

Step 2 ● 0:30 secs

10 g Chopped Garlic  
I 100 M 0

Step 3 ● 11:00 mins

105 g Penne Pasta & Salt  
I 100 M 100

Step 4 ● 1:00 min

100 g Vegetables  
6 g Chilli Flakes & Oregano,  
I 100 M 100

Step 5 ● 2:00 mins

200 g Arrabiata Sauce  
I 100 M 100

