



# Paneer Sichuan D

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

On2Cook: 2:10 mins    Normal Cooking: 12 mins

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

Ingredients \_\_\_\_\_

- 20 g

Oil
- 15 g

Chopped Vegetables
- 10 g Garlic, 5 g Ginger
- 64 g

Mix Sauce
- 40 g Schezwan Sauce
- 10 g Light Soya, 2 g Vinegar
- 10 g Ketchup, 2 g Aromat Powder
- 60 ml

Water
- 25 g

Cornflour Slurry
- 5 g Corn Flour, 20 g Water
- 7 g

Garnish
- 5 g Spring Onion
- 2 g Green Coriander

INDUCTION

MICROWAVE

Step 1

0:20 secs

30 g Oil

I 100

M 0

Step 2

0:10 secs

15 g Chopped Vegetables

I 80

M 0

Step 3

0:40 secs

64 g Mix Sauce, 50 ml Water

I 80

M 100

Step 4

0:20 secs

25 g cornflour

I 50

M 100

Step 5

0:40 secs

275 g Chinese Fried Paneer

I 40

M 100

Step 6

0:00 secs

Garnish

I 0

M 0

1

2

3

4

5

✓

Total Output:  
350 G