



Pepper Quinoa

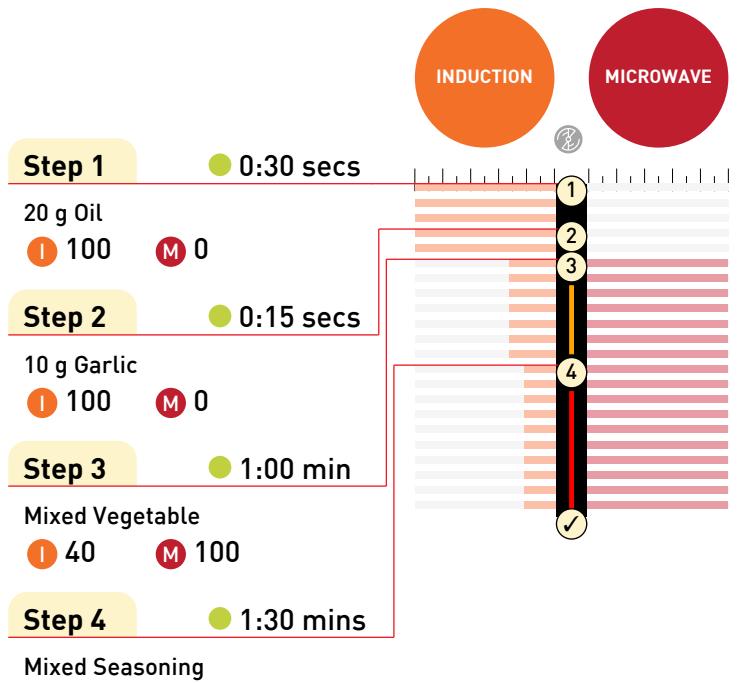
Cooking Time _____

On2Cook: 3:15 mins Normal Cooking: 25 mins

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

Ingredients _____

20 g	Oil
10 g	Garlic
60 g	Mixed Vegetable
	20 g Red Bell Pepper
	20 g Yellow Bell Pepper
	20 g Broccoli
12 g	Mixed Seasoning
	3 g Salt, 1 g White Pepper
	2 g Mix Herbs, 1 g Chilli Flakes
	5 g Parsley
300 g	Boiled Quinoa



Total Output:
400 G