

Stir-Fried Chicken Slices with Celery and Bell Pepper

Cuisine: Chinese

Food category: Side dishes



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Company: Retigo Asia

Program steps

Preheating: 265 °C

1		Combination		30 %		04:00	mm:ss		250 °C		90 %	
2		Combination		30 %		04:00	mm:ss		250 °C		90 %	

Ingredients - number of portions - 10

Name	Value	Unit
chicken breast	300	g
mixed peppers	100	g
celery sticks	100	g

Nutrition and allergens

Allergens: 9

Minerals: Ca, Cr, Cu, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, E, K

Nutritional value of one portion	Value
Energy	37.4 kJ
Carbohydrate	0.9 g
Fat	0.7 g
Protein	7.1 g
Water	0 g

Directions

The first stage

◇ Mix the marinated chicken slices evenly with cooking oil (to speed up the heat conduction speed and bake the color effect)

◇ Do not stack the whole pot of chicken slices, the chicken protein will all stick together when heated

second stage

◇ Add celery and colored peppers to the pot, add garlic oil, salt, pepper, and other seasoning spices and mix well

◇ Then put it into the steam oven to continue cooking, the chicken slices are cooked, the celery and bell pepper are cooked and colored

◇ Seasoning spices must be mixed with ingredients and baked together

◇ Use high temperature to roast the seasoning to produce aroma and condense with the ingredients

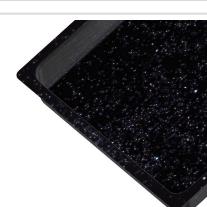
Recommended accessories



Vision Bake



GN container Stainless steel full



Enamelled GN container