


Roast Chicken Breast

Cuisine: English
Food category: Poultry



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Program steps


Preheating:


245 °C


1


Combination


50 %

Termination by
core probe
temperature

75 °C

230 °C

100 %



Ingredients - number of portions - 4

Name	Value	Unit
chicken breast	4	pcs
olive oil	10	ml
Salt	2	g
ground black pepper, ground	2	g

Nutrition and allergens

Allergens: Minerals: Ca, Fe, K, Mg Vitamins: A, B, B6, C, D, E, K	
Nutritional value of one portion	Value
Energy	1.7 kJ
Carbohydrate	0.2 g
Fat	0 g
Protein	0.1 g
Water	0 g

Directions

Pre-heat the Retigo as above, rub the chicken breast in olive oil and season.
When ready, place the chicken into the Retigo Vision Grill and and ensure a solid G/N tray is placed below this, then insert the probe.
Cook until the probe reaches 75oC and the oven cooking ends.

Recommended accessories



Vision Express Grill



GN container Stainless
steel full