

Roast Chicken Breast

Cuisine: English

Food category: Poultry



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Company: Retigo



Program steps

Preheating: 245 °C

1	Combination	50 %	Termination by core probe temperature	75 °C	230 °C	100 %	
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Ingredients - number of portions - 4

Name	Value	Unit
chicken breast	4	pcs
olive oil	10	ml
salt	2	g
freshly 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

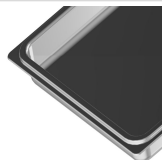
Pre-heat the Retigo as above, rub the chicken breast in olive oil and season.

When ready, place the chicken into the Retigo Vision Grill and ensure a solid G/N tray is placed below this, then insert the probe. Cook until the probe reaches 75°C and the oven cooking ends.

Recommended accessories



Vision Express Grill



GN container Stainless steel full