

Roast Chicken Breast

Cuisine: **English**
Food category: **Poultry**



Author: **Phil Smith**

Company: **Retigo**



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
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.

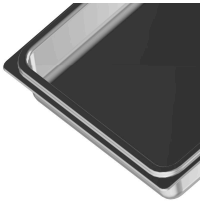
When ready, place the chicken into the Retigo Vision Grill and ensure a solid G/N tray is placed below this, then insert the probe.

Cook until the probe reaches 75oC and the oven cooking ends.

Recommended accessories



Vision Express Grill



GN container Stainless steel full