

# Baked chicken breasts

Cuisine: **English**

Food category: **Poultry**



Author: **Miroslav Pečuch**

Company: **RM gastro JAZ**

## 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

Preheat the Retigo as mentioned above, brush the chicken breasts with olive oil and season. When ready, place the chicken on the Retigo Vision Grill and ensure that a sturdy GN tray is positioned underneath, then insert the probe. Cook until the probe reaches 75°C and the baking in the oven is complete.

## Recommended accessories



Vision Express Grill



GN container Stainless steel full