Retigo Combionline | Cookbook | Poultry 18. 1. 2024

Baked chicken breast

Cuisine: English

Food category: Poultry



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Program steps

Preheating:

245 °C













Ingredients -	number	of	portions	- 4
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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 above, brush the chicken breasts with olive oil and season.

When ready, place the chicken in the Retigo Vision Grill, making sure the G/N solid tray is placed underneath, then insert the probe.

Cook until the probe reaches 75oC and the oven is finished.

Recommended accessories



