


Baked chicken breast

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



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Program steps

Preheating: 245 °C

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 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 above, brush the chicken breasts with olive oil and season.

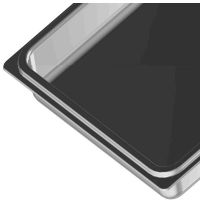
When ready, place the chicken in the Retigo Vision Grill, making sure the G/N solid tray is placed underneath, then insert the probe.

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

Recommended accessories



Vision Express Grill



GN container Stainless steel full