

Stir-Fried Chicken Slices with Celery and Bell Pepper

Cuisine: **Chinese**
Food category: **Side dishes**



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Program steps

Preheating: 265 °C

1	 Combination	 30 %	 Termination by time	 04:00 mm:ss	 250 °C	 90 %	
2	 Combination	 30 %	 Termination by time	 04:00 mm:ss	 250 °C	 90 %	

Ingredients - number of portions - 10

Name	Value	Unit
chicken breast	300	g
mixed peppers	100	g
celery sticks	100	g

Nutrition and allergens

Allergens: 9
Minerals: Ca, Cr, Cu, Fe, I, K, Mg, Mn, Na, P, Se, Zn
Vitamins: A, B, C, E, K

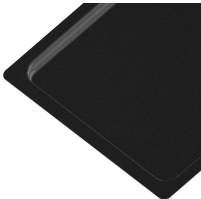
Nutritional value of one portion	Value
Energy	37.4 kJ
Carbohydrate	0.9 g
Fat	0.7 g
Protein	7.1 g
Water	0 g

Directions

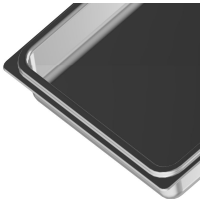
The first stage
◇ Mix the marinated chicken slices evenly with cooking oil (to speed up the heat conduction speed and bake the color effect)
◇ Do not stack the whole pot of chicken slices, the chicken protein will all stick together when heated

second stage
◇ Add celery and colored peppers to the pot, add garlic oil, salt, pepper, and other seasoning spices and mix well
◇ Then put it into the steam oven to continue cooking, the chicken slices are cooked, the celery and bell pepper are cooked and colored
◇ Seasoning spices must be mixed with ingredients and baked together
◇ Use high temperature to roast the seasoning to produce aroma and condense with the ingredients

Recommended accessories



Vision Bake



GN container Stainless steel full



Enameled GN container