

# 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

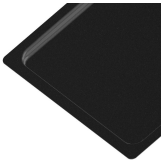
Allergens: 9  
Minerals: Ca, Cr, Cu, Fe, I, K, Mg, Mn, Na, P, Se, Zn  
Vitamins: A, B, C, E, K

| 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     |

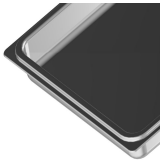
## Directions

- 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