

CHICKEN CHAPSUI



Kategori: Hovedretter
fisk&kjøtt

Laget: den 2020-07-23
Foreslått av: Kitchen Center
Total forberedelsestid: 11:10
minutter

Egnet for maskin:
- Supercook SC250
- Supercook SC300
- Supercook SC350
- Supercook SC380
- Supercook SC400

LISTE MED INGREDIENSER FOR 4 PORSJONER

800 gram	chicken breast in pieces (3x3 cm.)
8 gram	ginger peeled and cut in 4
1	onion cut in quarter
100 gram	bean sprouts
1	chopped chives
100 gram	mushrooms cut into quarters
100 gram	Italian squash
100 gram	brokkoli
50 gram	Mandler
50 gram	Mel
80 milliliter	soy sauce
100 milliliter	vann
50 milliliter	olje

TRINN FOR TRINN - TILBEREDNING

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