

Tawa Murgh



eikon® e1s

03:00

This recipe is available for:

- eikon® e2s HP (2000W)
- eikon® e1s

Accessories:

e1s/e2s Full Size Cooking Tray 32Z4080 (Black), 32Z4100 (Red), 32Z4093 (Green), 32Z4101 (Blue)

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- 260 °C
- Chilled 4°C
- 1 Portion
- From Raw

Stage 1

- 03:00
- 100 %
- 0 %

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Ingredients

240 g	Chicken Breast
10 g	Ginger Garlic Paste
5 g	Red Chilli Powder
5 g	Salt
10 ml	Lemon Juice
1 g	Carom Seeds
1 g	Cumin Seeds
2 g	Fennel Seeds
1 g	Coriander Seeds
1 g	Black Pepper crushed
10 ml	Mustard Oil

1. Food Preparation

Cut the chicken into 6 equal pieces and marinate with ginger garlic paste, red chilli powder, salt and lemon juice and chill for at least 1 hour. Add and mix the remaining ingredients and chill for another 2 hours. Place them on the tray.

2. Cooking Instruction

Cook as per oven profile.

3. Food Serving Instruction

Remove the cooked food from the tray and serve.