

Tawa Murgh



eikon® e2s

02:00

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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- 275 °C
- Chilled 4°C
- 1 Portion
- From Raw

Stage 1

- 02:00
- 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.