

Chicken Breast without skin

eikon® e4

03:00



This recipe is available for:

- eikon® e4
- eikon® e2s SP (1000W)
- eikon® e2s HP (2000W)
- eikon® e3
- eikon® e5
- eikon® e1s

Accessories:

e3/e4/e4s Non-stick Tray ideal for baking/roasting 40H0230

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

Stage 1

- 01:30
- 50 %
- 30 %

Stage 2

Turn the Chicken Breast Over

- 01:30
- 50 %
- 30 %

R
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Ingredients

140 g Chicken Breast

1. Food Preparation

Place it on the tray.

2. Cooking Instruction

Cook as per oven profile.

3. Food Serving Instruction

Remove the cooked food from the tray and serve.