

# Onion rings (frozen)

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## INGREDIENTS

- Onion rings (100g)

## EQUIPMENT/ACCESSORIES

- Panasonic NE-SCV2
- Accessories: Ceramic plate  
Oven sheet

## PROCEDURE

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- 1 Preheat oven at 280C (with ceramic plate)
- 2 Place food on the oven sheet
- 3 After preheating, place oven sheet with food on the ceramic plate inside oven
- 4 Set time as the chart below
- 5 Press "START"

Convection:	OFF
Fan	: 50%
Grill	: LOW
MW	: P8
TIME	: 50sec

- 6 Remove oven sheet with food from the oven and serve.