

RECIPE PREP TIME REFERENCE

Standard Kitchen Benchmarks Est. Efficiency: 90%

INGREDIENT / TASK	CATEGORY	AVERAGE PREP TIME
Onion (Diced)	Vegetables	2-3 Mins
Garlic (Minced, 3 cloves)	Aromatics	1-2 Mins
Carrots (Peeled & Sliced)	Vegetables	4-5 Mins
Chicken Breast (Cubed)	Proteins	5-7 Mins
Potatoes (Peeled & Quartered)	Starches	8-10 Mins
Leafy Greens (Washed & Dried)	Produce	5 Mins
Herbs (Finely Chopped)	Aromatics	2 Mins

Times may vary based on knife skills and equipment.