



## Vegetable Stew

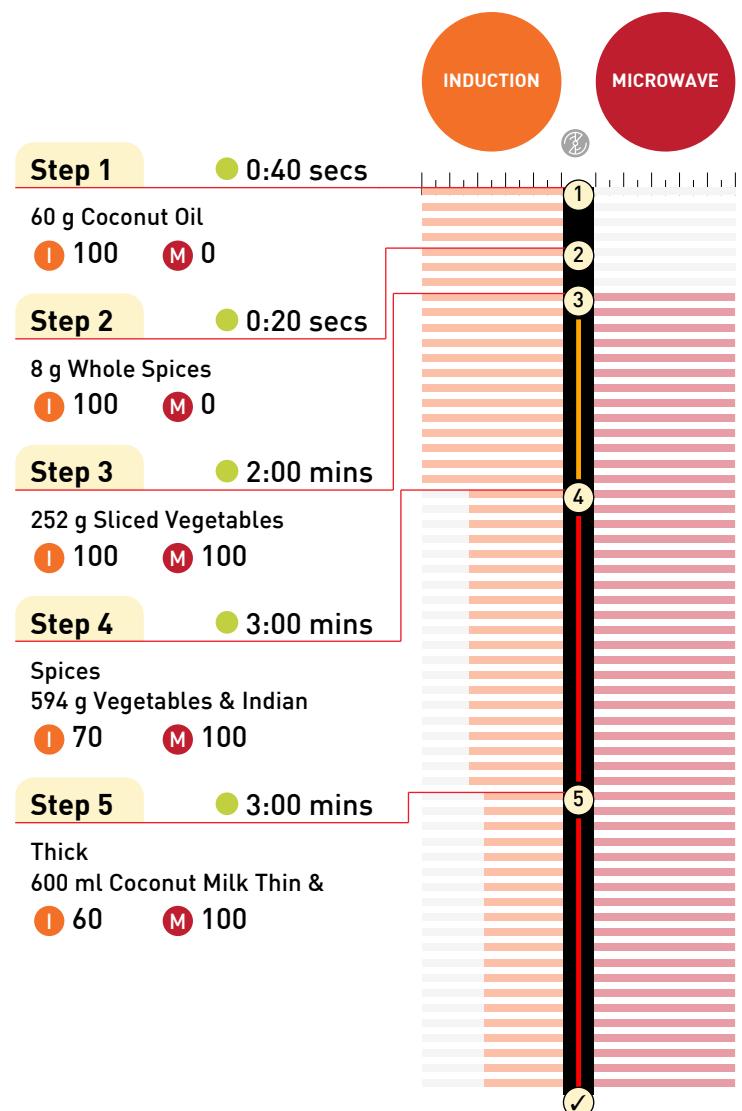
### Cooking Time

On2Cook: 9:00 mins Normal Cooking: 45 mins

**Accessories:** Pan Honeycomb (Non-Stick), Silicone Stirrer

### Ingredients

60 g	Coconut Oil
8 g	Whole Spices
	3 g Green Cardamom, 1 g Clove
	3 g Cinnamon, 2 g Black Paper
252 g	Sliced Vegetables
	200 g Onion, 20 g Ginger
	20 g Garlic, 10 g Green Chilli Slit
	2 g Curry leaves
594 g	Vegetables & Indian Spices
	200 g Potato, 100 g Carrot
	80 g French Beans
	120 g Cauliflower, 80 g Green Peas
	12 g Salt, 2 g Black Pepper
600 ml	Coconut Milk Thin & Thick
	400 ml Thin, 200 ml Thick



Total Output:  
900 G