



# 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

Step 1 0:40 secs

60 g Coconut Oil  
I 100 M 0

Step 2 0:20 secs

8 g Whole Spices  
I 100 M 0

Step 3 2:00 mins

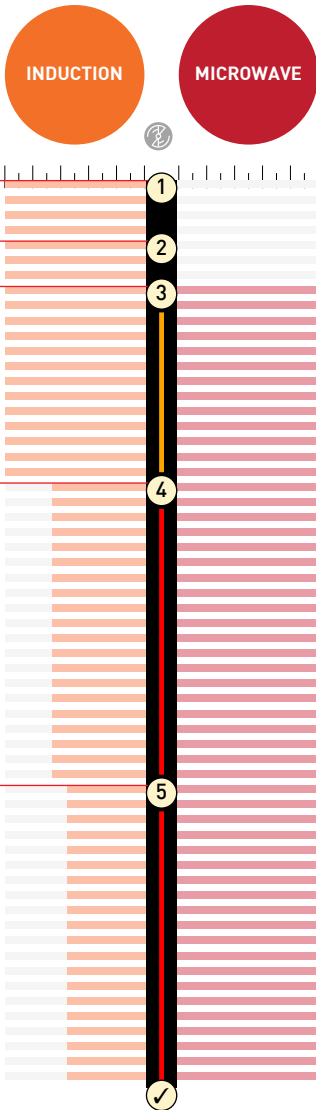
252 g Sliced Vegetables  
I 100 M 100

Step 4 3:00 mins

Spices  
594 g Vegetables & Indian  
I 70 M 100

Step 5 3:00 mins

Thick  
600 ml Coconut Milk Thin &  
I 60 M 100



Total Output:  
900 G