



Veg Thai Curry R

Cooking Time _____

On2Cook: 3:00 mins Normal Cooking: 20 mins

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

Ingredients _____

- | | |
|--------|------------------------------|
| 30 ml | Oil |
| 50 g | Chopped Vegetables |
| | 15 g Garlic, 15 g Ginger |
| | 20 g Onion |
| 250 g | Curry Mix |
| | 50 g Red Curry Paste |
| | 200 g Coconut Milk |
| 100 ml | Water |
| 180 g | Diced Vegetables |
| | 30 g Broccoli, 30 g Babycorn |
| | 30 g Zucchini, 30 g Carrot |
| | 30 g Beans, 30 g Cauliflower |

Step 1 0:40 secs

30 ml Oil

I 100

M 0

Step 2 0:20 secs

50 g Chopped Vegetables

I 100

M 0

Step 3 0:30 secs

90 g Diced Vegetables

I 60

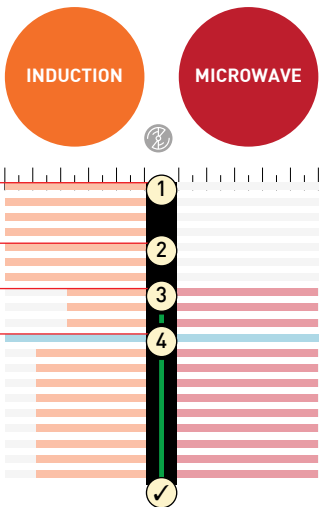
M 100

Step 4 1:30 mins

Curry Mix

I 80

M 100



Total Output:
450 G