



Avial

Cooking Time _____

On2Cook: 10:00 mins Normal Cooking: 30 mins

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

Ingredients _____

- | | |
|-------|-------------------------------------|
| 15 g | Coconut Oil |
| 760 g | Mixed Vegetables |
| | 120 g Carrot, 120 g Beans |
| | 150 g sweet potato, 100 g Drumstick |
| | 120 g Pumpkin, 150 g Row Banana |
| 9 g | Mix Spices |
| | 8 g Salt, 1 g Turmeric Powder |
| 382 g | Mix Spices Curd |
| | 50 g Coconut, 2 g Cumin seed |
| | 2 g Curry Leaves, 8 g Green Chili |
| | 80 g Onion, 240 g Curd |
| 56 g | Tempering |
| | 30 g Coconut oil, 4 g Mustard Seed |
| | 2 g Hing, 20 g Chopped Onion |
| | 2 g Curry Leaves |

Step 1 0:30 secs

15 g Coconut Oil

I 100 M 0

Step 2 4:00 mins

mixed Vegetable

I 60 M 100

Step 3 2:00 mins

Mix Spices

I 60 M 100

Step 4 3:00 mins

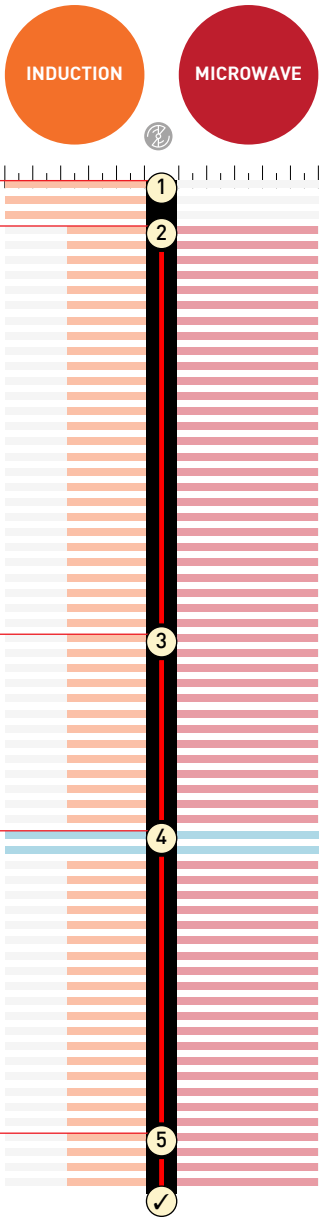
Mix Spices Curd

I 60 M 100

Step 5 0:30 secs

56 g Tempering

I 60 M 100



Total Output:
1200GM