



# Mappas Prawns

Cooking Time \_\_\_\_\_

On2Cook: 5:10 mins    Normal Cooking: 15:30 mins

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

Ingredients \_\_\_\_\_

- |       |                                     |
|-------|-------------------------------------|
| 40 ml | Oil                                 |
| 167 g | Chopped Vegetables                  |
|       | 5 g Ginger, 10 g Garlic             |
|       | 150 g Onion, 2 g Curry Leaves       |
| 33 g  | Powdered Indian Spices              |
|       | 8 g Coriander powder, 2 g Cloves    |
|       | 2 g Cardamom, 5 g Cinnamon Stick    |
|       | 2 g Star Anise, 4 g Turmeric Powder |
|       | 10 g Salt                           |
| 500 g | Prawns                              |
| 500 g | Coconut Milk                        |

Step 1 0:40 secs

80 ml Oil

I 100

M 0

Step 2 1:30 mins

167 g Chopped Vegetables

I 100

M 100

Step 3 1:00 min

500 g Prawns

34 g Powdered Indian Spices,

I 100

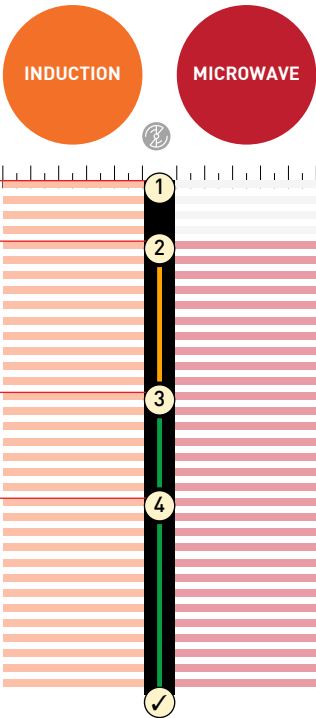
M 100

Step 4 2:00 mins

500 g Coconut Milk

I 100

M 100



Total Output:  
500 g