



Chicken Stew

Cooking Time _____

On2Cook: 10:00 mins Normal Cooking: 45 mins

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

Ingredients _____

- 60 g

Coconut Oil
- 9 g

Whole Spices
- 3 g

Green Cardamom, 1 g Clove
- 3 g

Cinnamon, 2 g Black Paper
- 252 g

Slice Vegetables
- 200 g

Onion, 20 g Ginger
- 20 g

Garlic, 10 g Green Chilli Slit
- 2 g

Curry leaves
- 794 g

Curry Cut Chicken & Vegetables Indian Spices
- 500 g

Chicken, 200 g Potato
- 80 g

Carrot, 12 g Salt
- 2 g

Black Pepper
- 600 g

Coconut Milk Thin & Thick
- 400 g

Thin, 200 g Thick

Step 1 0:40 secs

60 g Coconut Oil

I 100

M 0

Step 2 0:20 secs

9 g Whole Spices

I 100

M 0

Step 3 2:00 mins

252 g Slice Vegetables

I 100

M 100

Step 4 4:00 mins

Vegetables Indian Spices

794 g Curry Cut Chicken &

I 100

M 100

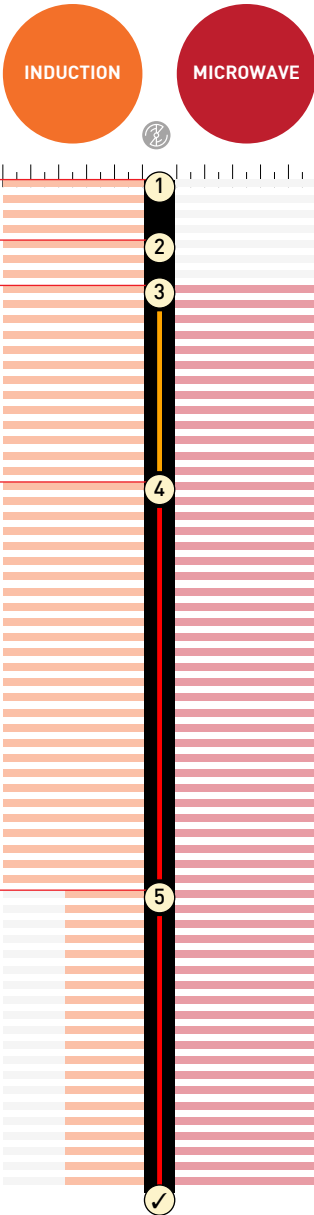
Step 5 3:00 mins

Thick

600 g Coconut Milk Thin &

I 60

M 100



Total Output:
1200 G