



# Panchkutiyu Shak

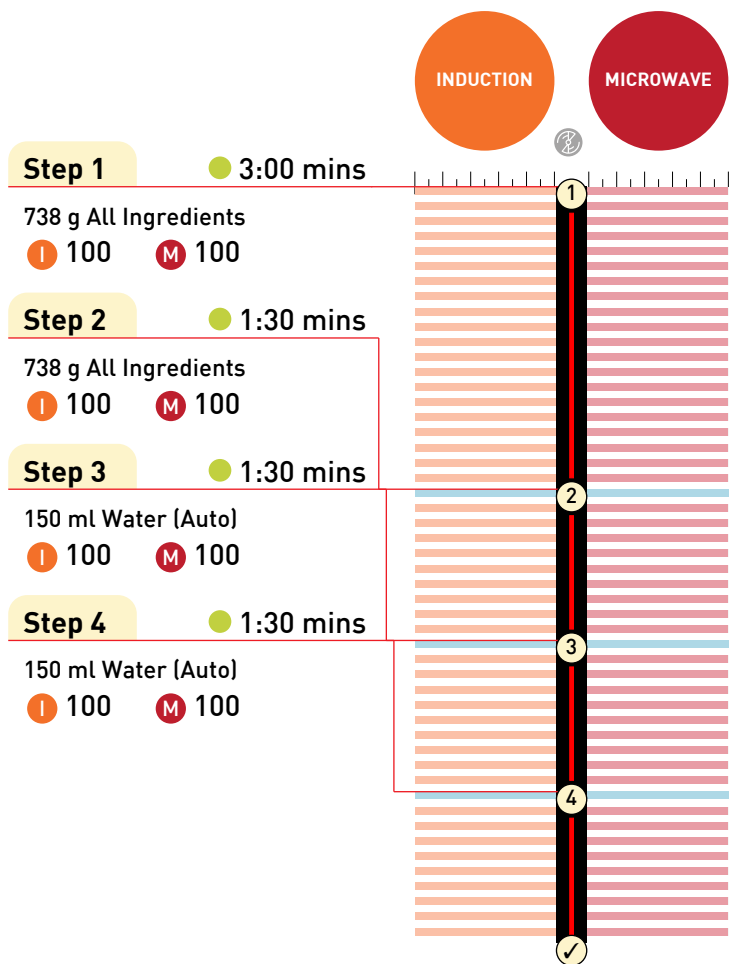
## Cooking Time

On2Cook: 7:30 mins Normal Cooking: 25 mins

**Accessories:** Pan Non Coated (Ss), Silicone Stirrer

## Ingredients

47 g	Oil & Whole Spices
	40 g Oil, 2 g Cumin Seeds
	1 g Asafoetida, 1 g Bay Leaf
	1 g Cloves, 2 g Cinnamon Stick
500 g	Diced Vegetables
	100 g Potatoes, 100 g Brinjals
	100 g Sweet Potatoes, 100 g Yam
	100 g Broad Beans
135 g	Fine Chopped Onions and Tomatoes
	60 g Onions, 60 g Tomatoes
	10 g Ginger Garlic Paste
	5 g Green Chilli Paste
56 g	Spices
	8 g Crushed Peanuts
	02 g Sesame Seeds
	8 g Desiccated Coconut, 4 g Besan
	4 g Turmeric Powder
	8 g Red Chilli Powder
	4 g Garam Masala Powder
	1 g Coriander Powder
	1 g Cumin Powder, 8 g Salt
	8 g Sugar
150 ml	Water (Auto)



**Total Output:**  
750G