



# 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

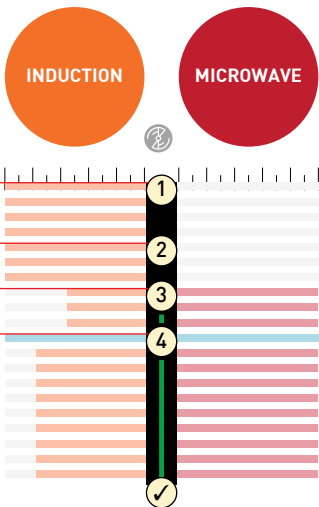
M 100

Step 4 1:30 mins

Curry Mix

I 80

M 100



Total Output:  
450 G