



Chicken Stew

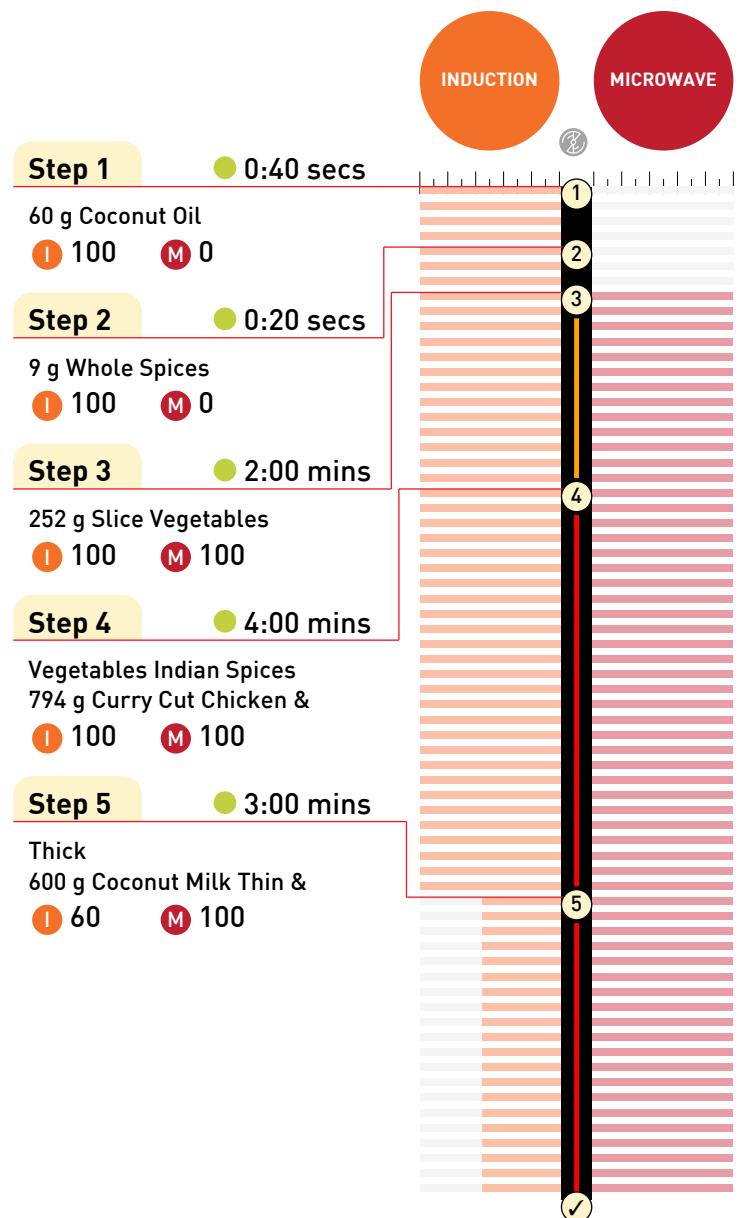
Cooking Time

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



Total Output:
1200 G