



Avial

Cooking Time

On2Cook: 10:00 mins Normal Cooking: 30 mins

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

Ingredients

15 g	Coconut Oil
760 g	Mixed Vegetables
	120 g Carrot, 120 g Beans
	150 g sweet potato, 100 g Drumstick
	120 g Pumpkin, 150 g Row Banana
9 g	Mix Spices
	8 g Salt, 1 g Turmeric Powder
382 g	Mix Spices Curd
	50 g Coconut, 2 g Cumin seed
	2 g Curry Leaves, 8 g Green Chili
	80 g Onion, 240 g Curd
56 g	Tempering
	30 g Coconut oil, 4 g Mustard Seed
	2 g Hing, 20 g Chopped Onion
	2 g Curry Leaves

Step 1 0:30 secs

15 g Coconut Oil

I 100

M 0

Step 2 4:00 mins

mixed Vegetable

I 60

M 100

Step 3 2:00 mins

Mix Spices

I 60

M 100

Step 4 3:00 mins

Mix Spices Curd

I 60

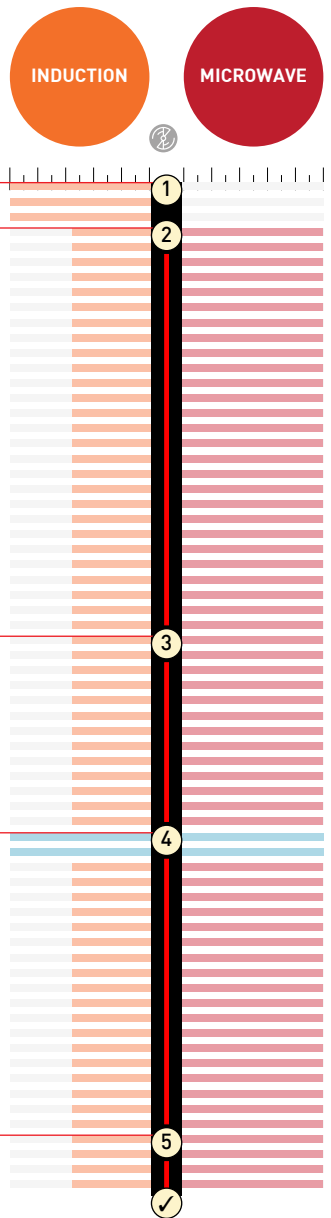
M 100

Step 5 0:30 secs

56 g Tempering

I 60

M 100



Total Output:
1200GM