



Malai Broccoli T

Cooking Time _____

On2Cook: 3:00 mins Normal Cooking: 15 mins

Accessories: Pan Non-Coated (Ss), Mp Mats Small

Ingredients _____

- 454 g
- Marinated Broccoli
- 300 g Broccoli Florets
- 50 g Malai Marination (Cashew
- 50 g Cream, 50 g Processed Cheese
- 70 g Hung Curd, 5 g Green Chilli
- 10 g Ginger, 10 g Coriander Leaves
- 3 g Green Cardamom Powder, 3 g Salt
- 3 g Black Pepper
- 20 ml
- Oil Brush

INDUCTION

MICROWAVE

Step 1

0:00 secs

1 number Small Non Stick Mat

I 0 M 0

Step 2

1:00 min

Marinated Broccoli

I 40 M 100

Step 3

0:30 secs

Broccoli Turnover

I 40 M 100

Step 4

0:30 secs

Turn Broccoli/ Oil Brush

I 50 M 0

Step 5

0:30 secs

Turn Over Broccoli

I 50 M 100

Step 6

0:30 secs

Turn Broccoli / Oil Brush

I 50 M 100

1

2

3

4

5

6

✓

Total Output:
350 G