



Vegetable Stew

Cooking Time _____

On2Cook: 9:00 mins Normal Cooking: 45 mins

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

Ingredients _____

- 60 g Coconut Oil
- 8 g Whole Spices
 - 3 g Green Cardamom, 1 g Clove
 - 3 g Cinnamon, 2 g Black Paper
- 252 g Sliced Vegetables
 - 200 g Onion, 20 g Ginger
 - 20 g Garlic, 10 g Green Chilli Slit
 - 2 g Curry leaves
- 594 g Vegetables & Indian Spices
 - 200 g Potato, 100 g Carrot
 - 80 g French Beans
 - 120 g Cauliflower, 80 g Green Peas
 - 12 g Salt, 2 g Black Pepper
- 600 ml Coconut Milk Thin & Thick
 - 400 ml Thin, 200 ml Thick

Step 1 0:40 secs

60 g Coconut Oil
I 100 M 0

Step 2 0:20 secs

8 g Whole Spices
I 100 M 0

Step 3 2:00 mins

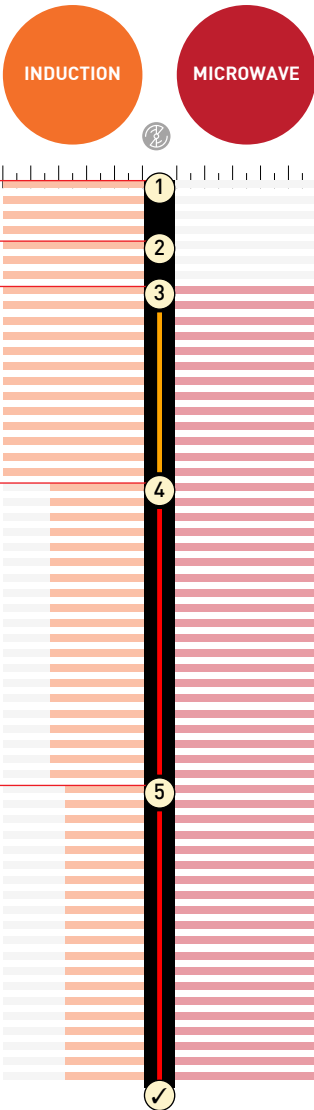
252 g Sliced Vegetables
I 100 M 100

Step 4 3:00 mins

Spices
594 g Vegetables & Indian
I 70 M 100

Step 5 3:00 mins

Thick
600 ml Coconut Milk Thin &
I 60 M 100



Total Output:
900 G