



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

Step 1 0:40 secs

60 g Coconut Oil

I 100 M 0

Step 2 0:20 secs

9 g Whole Spices

I 100 M 0

Step 3 2:00 mins

252 g Slice Vegetables

I 100 M 100

Step 4 4:00 mins

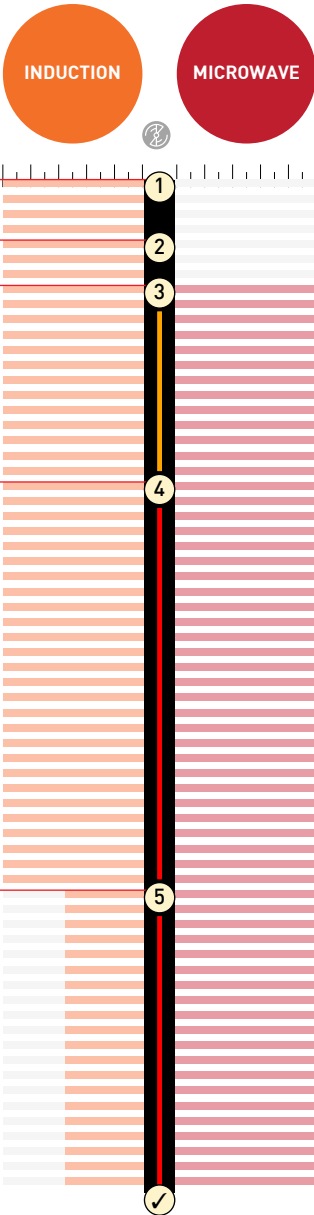
Vegetables Indian Spices
794 g Curry Cut Chicken &

I 100 M 100

Step 5 3:00 mins

Thick
600 g Coconut Milk Thin &

I 60 M 100



Total Output:
1200 G