



Chicken Mappas

Cooking Time _____

On2Cook: 9:00 mins Normal Cooking: 27:00 mins

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

Ingredients _____

- | | |
|-------|-------------------------------------|
| 80 ml | Oil |
| 167 g | Chopped Vegetables |
| | 5 g Ginger, 10 g Garlic |
| | 150 g Onion, 2 g Curry Leaves |
| 34 g | Powdered Indian Spices |
| | 8 g Coriander powder, 2 g Cloves |
| | 2 g Cardamom, 5 g Cinnamon Stick |
| | 2 g Star Anise, 4 g Turmeric Powder |
| | 10 g Salt |
| 750 g | Chicken Curry Cut |
| 500 g | Coconut Milk |

Step 1 0:40 secs

80 ml Oil

I 100

M 0

Step 2 2:00 mins

167 g Chopped Vegetables

I 100

M 100

Step 3 4:00 mins

750 g Chicken Curry Cut

34 g Powdered Indian Spices,

I 100

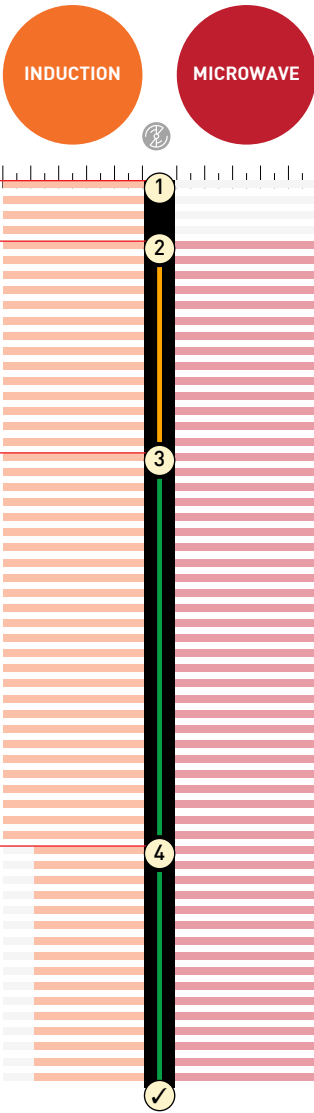
M 100

Step 4 2:20 mins

500 g Coconut Milk

I 80

M 100



Total Output:
750 g