



Avial

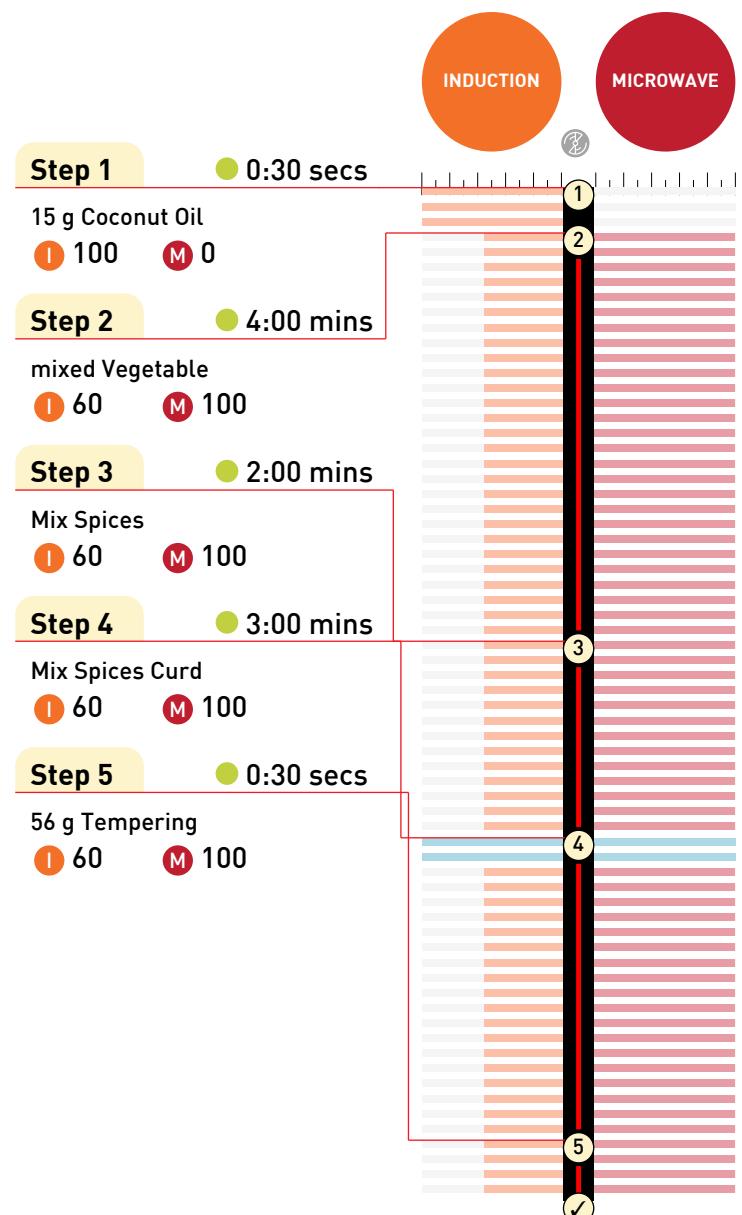
Cooking Time

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



Total Output:
1200GM