



Olan Recipe

Ingredients

- gms Maggi Coconut Milk Powder
- Cups Water
- gms Ash guard (sliced)
- Green Chillies (Chopped)
- Curry Leaves
- Tablespoons Coconut Oil
- Pinch Salt

Instruction

1. Rinse and peel ash guard. Cut them into thin slices. Mix MAGGI Coconut Milk powder in 1 cup warm milk and keep aside.
2. In a pan take the chopped ash guard, green chillies and curry leaves. Season it with enough salt. Add $\frac{3}{4}$ cup water while covering the pan cook on medium flame till the ash guard is cooked.
3. Add 1 cup thick Coconut milk. Mix very well on low flame. Gently heat Olan curry. (Don't boil)
4. Put off the flame and add curry leaves and 2 tbsp of coconut oil
5. Mix well. Cover and let the flavor infuse for 6 to 8 minutes.

Nutrition

30 Minutes

Carbohydrates

4

Energy

Fats

Protein