**Chicken Manchurian**

Prep time: 60 min Cook time: 30 min

**Ingredients:**

* 250 grams chicken breast, cut to bite size pieces
* 1 egg
* 3 tbsp corn flour
* 1 pinch low sodium salt
* 2 tsp soy sauce
* 2 tablespoons sunflower oil
* 3 tbsp red chili sauce
* 2 tbsp tomato puree
* 1 tsp vinegar
* 1 cup water
* 6 cloves garlic, finely chopped
* 1tbsp ginger, finely grated
* 1 onion, thinly sliced
* ½ Capsicum, thinly sliced
* 1 green chili, finely chopped
* ½ cup spring onion, chopped

**Instructions:**

1. In a bowl, whisk together the egg, 1½ tbsp corn flour, soy sauce, and salt.
2. Add the chicken pieces and mix well with your hands until evenly coated. Set aside to marinate for 1 hour.
3. Heat 1 tbsp oil in a pan, add the marinated chicken, and fry until golden brown.
4. Once cooked, remove the chicken with a slotted spoon and place it on a paper napkin to absorb excess oil.
5. In a separate bowl, mix the remaining corn flour with soy sauce, red chili sauce, tomato puree, vinegar, and water. Stir until smooth.
6. Heat 1 tbsp oil in a pan, add garlic and ginger, and sauté until soft. Then, add the spring onions and sauté for a few seconds.
7. Add the onions, capsicum, and green chili, and sauté until the onions turn translucent.
8. Pour in the prepared sauce mixture and cook until the gravy thickens.
9. Add the fried chicken pieces and mix well until evenly coated in the sauce.
10. Cook for 5-7 minutes on low heat, stirring occasionally.
11. Check the seasoning and adjust salt if needed.
12. Remove from heat, garnish with chopped spring onions, and serve hot with rice or noodles.