**Veg Manchurian**

Prep time: 30 min Cook time: 20 min

**Ingredients:**

* ½ cup carrot, grated
* ½ cup cabbage, finely chopped
* ¼ cup green bell pepper, finely chopped
* ¼ cup spring onions, finely chopped
* 3 tbsp maida
* 2 tbsp cornflour
* 2 tbsp sunflower oil
* 1 cup sunflower oil for deep frying
* 1 tbsp ginger, grated
* 1 tbsp garlic, minced
* ½ tbsp soya sauce
* 1 tbsp tomato sauce
* 1 tbsp red chili sauce
* 1 tsp white vinegar
* Low sodium salt & pepper, to taste.

**Instructions:**

**Prepare the Veg Balls:**

1. Transfer the finely chopped vegetables to a bowl and add cornflour, all-purpose flour (maida), ½ tsp salt, and pepper. Mix well and knead lightly.

**Shape the Veg Balls:**

1. Take a small portion of the mixture in your hand and press it to form a round ball. You can use a little oil on your palms to prevent sticking. Once all the vegetable balls are made, set them aside.

**Deep Fry the Veg Balls:**

1. Heat oil in a kadai (wok) over medium heat for deep frying. Add a few balls at a time and fry until golden brown.
2. Remove them with a slotted spoon and transfer them to a plate lined with kitchen paper towels to absorb excess oil.
3. Repeat with the remaining balls.

**Prepare the Sauce:**

1. In a bowl, combine soy sauce, tomato sauce, and red chili sauce. Mix well and set aside.

**Make Cornflour Slurry:**

1. In another bowl, take 1 tbsp cornflour and 2 tbsp water. Mix well and set aside.

**Cook the Sauce:**

1. Heat 1 tbsp oil in a pan, then add spring onions, ginger, and garlic. Stir-fry until the onions turn translucent.
2. Add the mixed sauces and stir.
3. Pour in 1 cup of water and let it boil.

**Thicken the Sauce:**

1. Add the cornflour slurry to the gravy and mix well. Continue to stir until the sauce thickens. Add salt and pepper to taste.

**Combine with Veg Balls:**

1. Transfer the veg balls to the gravy, add vinegar, and mix lightly.

**Garnish and Serve:**

1. Turn off the heat and add some chopped spring onions. Serve hot with rice, noodles, or bread.