



Gobi Manchur G

Cooking Time

On2Cook: 3:20 mins Normal Cooking: 12 mins

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

Ingredients

20 g	Oil
15 g	Ginger & Garlic
	10 g Garlic, 5 g Ginger
123 g	Mix Vegetables
	60 g Onion, 30 g Capsicum
	30 g Cabbage, 3 g Green Chilli
46 g	Mix Sauce
	20 g Schezwan Sauce
	10 g Dark Soya Sauce, 5 g Vinegar
	10 g Ketchup, 3 g Aromat Powder
	1 g Salt
150 ml	Water
	120 g Water
25 g	Corn Starch Slurry
	5 g Corn Starch, 20 g Water
300 number	Gobi Manchurian
	FreshFriedGobiflorets
7 g	Garnish
	5 g Spring Onion
	2 g Green Coriander

Step 1

0:00 secs

30 g Oil

I 0

M 0

Step 2

0:40 secs

15 g Ginger & Garlic

I 100

M 0

Step 3

1:00 min

Chilli

Onion, Capsicum, Cabbage Green

I 80

M 100

Step 4

0:40 secs

46 g Mix Sauce, 150 ml Water

I 100

M 100

Step 5

0:20 secs

25 g Corn Starch Slurry

I 100

M 100

Step 6

0:40 secs

300 number Gobi Manchurian

I 80

M 100

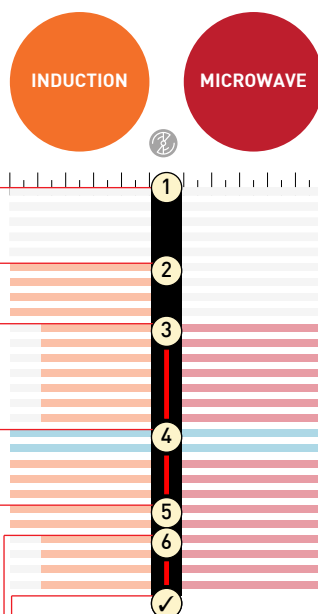
Step 7

0:00 secs

Garnish

I 0

M 0



Total Output:
350 G