



Gobi Manchur Dry

Cooking Time _____

On2Cook: 3:50 mins Normal Cooking: 12 mins

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

Ingredients _____

- | | |
|-------|-----------------------------------|
| 20 g | Oil |
| 15 g | Chopped Vegetables 1 |
| | 10 g Garlic, 5 g Ginger |
| 123 g | Chopped Vegetables 2 |
| | 60 g Onion, 30 g Capsicum |
| | 30 g Cabbage, 3 g Green Chilli |
| 48 g | Mix Sauce |
| | 20 g Schezwan Sauce |
| | 10 g Dark Soya Sauce, 5 g Vinegar |
| | 10 g Tomato Ketchup |
| | 3 g Aromat Powder |
| 60 ml | Water |
| 25 g | Corn Starch Sulrry |
| | 5 g Corn Starch, 20 g Water |
| 180 g | Chinese Fried Gobi |
| | AsPerRecipeProvided |
| 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 Chopped Vegetables 1

I 100

M 0

Step 3 1:30 mins

123 g Chopped Vegetables 2

I 80

M 100

Step 4 0:40 secs

48 g Mix Sauce, 60 ml Water

I 100

M 100

Step 5 0:20 secs

25 g Corn Starch Sulrry

I 100

M 100

Step 6 0:40 secs

180 g Chinese Fried Gobi

I 80

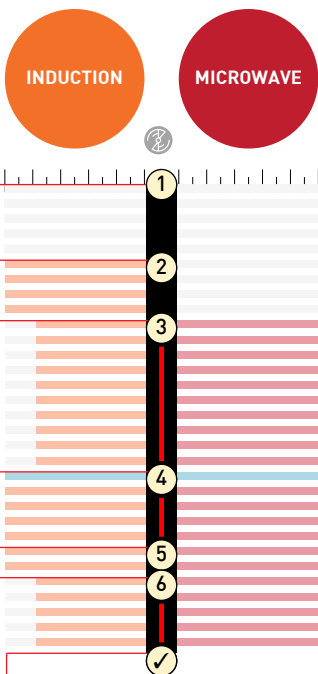
M 100

Step 7 0:00 secs

Garnish

I 0

M 0



Total Output:
350 G