



Veg Manchurian G

Cooking Time _____

On2Cook: 3:30 mins Normal Cooking: 10 mins

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

Ingredients _____

- 153 g

Oil & Mix Vegetables
15 g Oil, 10 g Garlic, 5 g Ginger
60 g Onion, 30 g Capsicum
30 g Cabbage, 3 g Green Chilli
- 85 g

Mix Sauce
40 g Schezwan Sauce
15 g Dark Soy Sauce, 10 g Vinegar
15 g Tomato Ketchup
5 g Aromat Powder
- 250 ml

Water (Auto)
- 60 g

Corn Starch Slurry
10 g Corn Starch, 50 g Water
- 10 number

Veg Manchurian Balls
PerManchurianballsizeapprox20-22g
- 7 g

Garnish
5 g Spring Onion
2 g Green Coriander

INDUCTION

MICROWAVE

Step 1

1:30 mins

Oil & Mix Vegetables

I 100 M 100

Step 2

1:00 min

85 g Mix Sauce, 250 ml Water

I 100 M 100

Step 3

0:30 secs

60 g Corn Starch Slurry

I 100 M 100

Step 4

0:30 secs

10 number Veg Manchurian Balls

I 80 M 100

Step 5

0:00 secs

Garnish

I 0 M 0

1

2

3

4

✓

Total Output:
500 G