



# 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