



# Paneer Manchuria

Cooking Time \_\_\_\_\_

On2Cook: 4:00 mins    Normal Cooking: 15 mins

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

Ingredients \_\_\_\_\_

- 158 g

Oil & Vegetables  
20 g Oil, 5 g Ginger, 10 g Garlic  
60 g Onion, 30 g Capsicum  
30 g Cabbage, 3 g Green Chilli
- 282 g

Mix Sauce & Water (Auto)  
40 g Schezwan Sauce  
10 g Dark Soya Sauce, 10 g Vinegar  
15 g Tomato Ketchup  
5 g Aromat Powder, 2 g Salt  
Water200m
- 7 g

Garnish  
5 g Spring Onion  
2 g Green Coriander

Step 1 1:30 mins

158 g Oil & Vegetables

I 100 M 100

Step 2 1:30 mins

Mix Sauce & Water (Auto)

I 100 M 100

Step 3 1:00 min

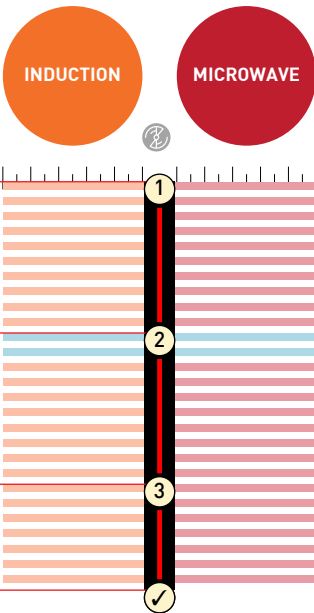
205 g Cornflour & Fried Paneer

I 100 M 100

Step 4 0:00 secs

Garnish

I 0 M 0



Total Output:  
350GM