

How To Make Chicken Manchurian

Yield: 3 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-manchurian-indian-recipe-video>

Ingredients:

- 300 grams chicken chopped to small sizes
- 1 whole egg
- 2 tablespoons corn flour
- 1 pinch salt
- 1 tablespoon soy sauce
- 2 tablespoons cooking oil
- sauce For Manchurian
- 1 tablespoon corn flour
- 1 tablespoon soy sauce
- 3 tablespoons chili sauce
- 1/4 cup tomato puree
- 1 teaspoon vinegar Chili
- 1 cup water
- 8 cloves garlic finely chopped
- 2 inches ginger finely grated
- 1 onion sliced
- 1 green bell pepper Capsicum, thinly sliced
- 2 green chilies finely chopped
- 1/2 cup greens Spring Onion, chopped

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 135 milligrams
4. Fat: 15 grams
5. Fiber: 6 grams
6. Protein: 27 grams

7. SaturatedFat: 2.5 grams
 8. Sodium: 1300 milligrams
 9. Sugar: 11 grams
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