

Gobi Manchurian

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-style-gobi-manchurian-recipe>

Ingredients:

- 1 cup maida flour
- 1 cauliflower
- 1/4 cup corn flour
- 1/2 teaspoon black pepper
- 1 teaspoon oil
- 3 teaspoons tomato sauce
- 3 teaspoons garlic sauce Chilli
- 1/2 teaspoon soya sauce
- 1 teaspoon vinegar
- 1/4 cup finely chopped onion
- 1/4 cup spring onion
- 2 teaspoons garlic
- 1/2 teaspoon green chilli finely chopped
- 1 teaspoon corn flour
- 1 teaspoon sugar

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 44 grams
3. Fat: 2 grams
4. Fiber: 5 grams
5. Protein: 7 grams
6. Sodium: 100 milligrams
7. Sugar: 5 grams

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