

Lotus Root Manchurian

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-lotus-recipe>

Ingredients:

- 1 cup lotus root
- 2 tablespoons corn flour
- salt to taste
- oil for shallow frying – 1 cup
- 1 tomato
- 2 spring onions
- 1 garlic clove
- 2 tablespoons tomato ketchup
- 4 drops soy sauce
- 3 drops hot chilli sauce
- 2 tablespoons oil
- salt to taste.

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 9 grams
3. Fat: 12 grams
4. Fiber: 1 grams
5. Protein: 1 grams
6. SaturatedFat: 1 grams
7. Sodium: 520 milligrams
8. Sugar: 3 grams

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