

# Dry Gobi Manchurian

Yield: 4 min  
Total Time: 60 min

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

## Ingredients:

- 1 cauliflower medium, /phool gobi
- 1 cup all-purpose flour /maida
- 4 tablespoons corn starch
- 1/4 teaspoon black pepper
- 1/2 teaspoon chilli powder kashmiri red, /lal mirch powder or deghi mirch, add about 1 tsp to get a good color, but this will also inc...
- 1 teaspoon soy sauce
- 1 cup water or as required
- 6 tablespoons oil for pan frying
- 3/4 cup spring onion chopped, /scallion whites, reserve the greens for garnish, optional
- 1/2 cup capsicum finely chopped, /green bell pepper/shimla mirch
- 1 1/2 inches ginger finely chopped or 3 tsp finely chopped ginger
- 10 garlic medium, finely chopped or 3 tsp finely chopped garlic
- 2 green chilies finely chopped or 1 tsp finely chopped green chilies
- 1/2 tablespoon chopped celery finely, optional
- 1 1/2 tablespoons light soy sauce or 1/2 to 1 tbsp soy sauce, you can also add as per your taste
- 1 tablespoon tomato sauce or add as required
- 1 teaspoon rice vinegar or 1/2 tsp white vinegar or apple cider vinegar
- 1/2 teaspoon black pepper powder
- salt as required

## Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 41 grams
3. Fat: 19 grams
4. Fiber: 5 grams
5. Protein: 7 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 610 milligrams

8. Sugar: 5 grams

---

Thank you for visiting our website. Hope you enjoy Dry Gobi Manchurian above. You can see more 18 gobi manchurian indian chinese recipe Experience flavor like never before! to get more great cooking ideas.