DietCloud – Recipe

Recipe Name: Chilli Baby Corn (Manchurian) Recipe

Diet Type:

Course: Appetizer

Cuisine: Indo Chinese

Quantity:



Ingredients

Ingredient	Quantity
• 15 Baby corn - cut to 1.5 inch • 2 tablespoons Corn flour • 2 Green bell peppers - thinly sliced • 6 Spring Onion (Bulb & Greens) - finely chopped with the bulb and leaves kept separate • 2 Green Chillies - finely chopped • 2 cloves Garlic • 1 inch Ginger • 1 teaspoon Red Chilli sauce - (or any other red chilli sauce) • 1 tablespoon Sweet and Spicy Red Chilli Sauce (Tomato Chilli Sauce) - (or tomato ketchup) • 1 teaspoon Dark soy sauce • Salt and Pepper - to taste • Spring Onion Greens - chopped	4

Preparation

• To begin making the Chilli Baby Corn Manchurian recipe, we will first cook the baby corn in a pan.

• Toss the baby corn in the corn flour, some salt and black pepper.

• Heat a teaspoon of oil in a heavy bottomed pan; add in the corn flour coated baby corn and stir fry on low to medium heat.

• After a few minutes, cover the pan and allow the baby corn to cook until lightly tender.

• If it a taste, it should not feel raw, it will not be soft that it will mash, but it will be firm and cooked.

• This process will take about 5 to 10 minutes on low to medium heat.

• Make sure you keep stirring occasionally.

• The steam inside the pan will allow it to cook evenly.

• Once cooked, turn off the heat and keep aside.
• In a wok or a stir fry pan, heat a tablespoon of oil.
• Add in the bell pepper, green chillies, spring onion bulbs and stir fry on high heat until the bell peppers have turned lightly tender.
• Once done, add in the sauces and the cooked baby corn and stir fry on high heat until the baby corn gets well coated with all the sauces.
• Stir fry for 3 to 4 minutes and your baby corn will be ready to be served.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)