

Recipe Name: Baby Corn Cigar Recipe
Diet Type:
Course: Appetizer
Cuisine: North Indian Recipes
Quantity:



Ingredients

Ingredient	Quantity
• 10 Baby corn - to be blanched	3
• 3 tablespoons Whole Wheat Bread crumbs - roasted	
• 2 tablespoons Corn flour	
• 1/2 tablespoon Extra Virgin Olive Oil	
• 1 tablespoon Vinegar	
• 1 Potato (Aloo) - boiled and mashed	
• 1 tablespoon Coriander (Dhania) Leaves - chopped	
• 1 teaspoon Pizza seasoning	
• 1/2 teaspoon Garlic - paste	
• 1 tablespoon Red Chilli powder - adjust accordingly	
• 1 tablespoon Green Chilli Paste	
• 1/2 tablespoon Ginger - paste	
• Salt - to taste	
• Sunflower Oil - for frying	

Preparation

- To prepare baby corn cigar recipe, start by blanching the baby corn.
- Make sure you do not overdo it.
- 2-3 minutes in hot water and immediate transfer to ice water will do just fine.
- Slit baby corn longitudinally into two.
- Boil the potatoes and mash them well.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
120	2	20	3	2	4