

Recipe Name: Asian Style Baby Corn With Sesame Seeds and Peanut Sauce Recipe

Diet Type:

Course: Appetizer

Cuisine: Asian

Quantity:



Ingredients

Ingredient	Quantity
• 15 Baby corn - cut into length wise • 250 grams Tofu - or paneer • 1/2 cup Water • 1/4 cup Corn flour • Rice flour - as required • Salt - as required • Sunflower Oil - as required • 1 Red Yellow and Green Bell Peppers (Capsicum) - sliced • 2 teaspoon Light soy sauce • 1 teaspoon Garlic - paste • 1.5 teaspoon Fresh Red Chilli - paste • 1 teaspoon Rice Vinegar • 1 teaspoon Honey • 1/2 teaspoon Salt • 1 tablespoon Sunflower Oil • 1/2 cup Onion - minced • 1 teaspoon Garlic - minced • 1/3 cup Raw Peanuts (Moongphali) - salted and powdered • 1-1/4 cup Fresh orange juice • 1-1/2 tablespoons Orange marmalade jam • 1 tablespoon Corn flour • 1 tablespoon Paprika powder • 1/2 cup Spring Onion (Bulb & Greens) - finely chopped • 2 teaspoons Sesame seeds (Til seeds) - roasted	4

Preparation



- To begin with Asian Style Baby Corn With Sesame Seeds & Peanut Sauce, firstly blanch baby corns in hot water for 3 mins to soften them and cut paneer into 1/2" cubes.
- In a bowl take baby corns and paneer and all the marinating ingredients, mix well and let.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
320	8	25	20	4	8

