

Recipe Name: Idli Manchurian Recipe With Oriental Twist
Diet Type: Vegetarian
Course: Snack
Cuisine: Indo Chinese
Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 5 Idli	2
• 1 Onion	
• 1 Green Bell Pepper (Capsicum)	
• 1 teaspoon Ginger - grated	
• 1 teaspoon Red Chilli powder	
• 2 Soy sauce	
• 2 Green Chillies - (adjust)	
• 1 tablespoon Sunflower Oil	
• 1-2 tablespoons Dried oregano	
• Salt - to taste	
• 1-2 teaspoons Spring Onion Greens - chopped	
• 1 teaspoon Coriander (Dhania) Leaves - chopped	

Preparation

• To prepare Idli Manchurian Recipe With Oriental Twist, get all the ingredients ready along with leftover idlis.

- Heat a shallow fry pan and add a teaspoon of oil and spread evenly.
- Place 6-8 pieces of idli at the bottom of the pan and shallow fry for a few minutes until crisp.
- The idli pieces will turn brown and crunchy at the base.

- I prefer making the crispy idli pieces this way.
- The other way (easier way) is shallow fry whole idlis until they turn light brown.
- Then cut these idlis into 6-7 pieces.
- Now, heat another pan, with a wide base.



- Add the remaining oil.
- Add the ginger paste and mix well.
- Put off the heat and sprinkle oregano flakes and mix.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	8	40	10	4	6

