

Lunchbox Recipes

Real Fruit Power Gobi Manchurian



DELICIOUS GOBI MANCHURIAN MAGIC

Discover the richness of cauliflower with the healthy benefits of ginger, garlic, tomato, and coriander, to create Delicious Gobi Manchurian Magic.

INGREDIENTS:

- Cauliflower florets- 7-8
- Oil- 1 tablespoon
- Maida- 4 tablespoon
- Corn flour- 4 tablespoon
- Ginger-garlic paste- 1 tablespoon
- Ice cold water-1 cup
- Salt for taste

FOR MANCHURIAN SAUCE

- Onion-1 (finely chopped)
- Ginger-garlic paste
- Tomato sauce- 2-3 teaspoon
- Soya sauce- 1-2 teaspoon
- Green chili- 2-3 (chopped)
- Seasoning cubes- 3-4

METHOD FOR PREPARATION

Step 1

Heat oil in a kadai.

Step 2

Make a batter with Maida, ginger-garlic paste, corn flour, and salt.

Step 3

Add cauliflower florets and mix well to marinate.

Step 4

Add water and keep stirring to make a soft and smooth mixture.

Step 5

Insert the tray in the oven for 15-20 minutes.

Step 5

Set aside.

Step 6

Cut and clean cauliflower florets.



METHOD FOR PREPARATION

Step 7

Dip the florets in the batter and mix evenly.

Step 8

Add the florets in oil one by one and deep fry.

Step 9

Set aside.

Step 10

Heat oil in another pan.

Step 11

Add onions, ginger-garlic paste and stir fry till deep brown.

Step 12

Add tomato ketchup, soya sauce, green chili, and seasoning cubes.

Step 13

Add the fried cauliflower florets and stir well to mix evenly with the sauce.

Step 14

Sprinkle coriander leaves.

Step 15

Place the bread slices with cheese close to it.

SERVING SUGGESTION:

Sprinkle coriander leaves generously for garnishing. Serve hot.

GOODNESS

Gobi Manchurian packed with the rich taste of cauliflower and nutritional value of ginger, garlic, and coriander is a sure winner among your kids.

