



WELLNESS ROOTS

By Kavita Sabhnani



Vegetable Manchurian (No Fry/No maida /healthy /nutritious)

Preparation

1. In a cup, take 3/4 cup rice aata, 2 tbsp cornflour & some salt.
 2. Add chopped cabbage 1/4th cup, finely chopped onion 2 tbs, ginger 1/2 tsp.
 3. Add 2 finely chopped green chillies, 1 bell pepper & 1 carrot.
 4. Add little water.
 5. Make a dough like paratha.
 6. Cover the bowl and leave it for 15 minutes.
 7. Hit the pan and brush with ghee/oil. Make small balls from the dough and hit all the vegetable balls in appam pan for 5-10 min one side & same on another side, till it becomes golden brown.
 8. Take it out.
 9. Now in a pan, add 1/2 tsp ginger and 1/2 tsp garlic.
 10. Add 2-3 fresh green chillies, 1 onion & 1 capsicum cut into cubes and fry them till gets little tender.
 11. Add cabbage(optional).
 12. Cook for 2 minutes and then add 3 tbs soya sauce, 1 tbs vinegar(circa) and 1 tbs tomato ketchup.
 13. Mix well.
 14. Now it's time to add veg balls in it.
 15. Add 1 cup of water.
 16. Add 1 tsp corn flour (diluted in 4-5 spoon of water).
 17. Cook till corn flour gets cooked (1 boil).
- vegetable Manchurian is ready. Add salt according to your taste, as such soya sauce is saulty, Garnish with spring onion.

