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Ingredients for Chicken Manchurian Recipe

- Boneless chicken cut into 1 inch cubes 400 grams
- Garlic chopped 2 tablespoons
- Egg 1
- Salt to taste
- Garlic chopped 2 tablespoons
- Crushed black peppercorns 1 teaspoon
- Cornflour/ corn starch 4 tablespoons
- Oil 2 tablespoons + for deep-frying
- Green chillies 2
- Spring onions with greens 2
- Ginger chopped 1 teaspoon
- Onion sliced 1 medium
- Chicken stock 2 cups
- Soy sauce 2 teaspoons
- Green chilli sauce 2 teaspoons
- Green capsicum cut into thick strips 1 medium

Chicken Manchurian

Written by Sanjeev Kapur

- **Vinegar 2 teaspoons**

Method

Step 1

Put chicken cubes, egg, salt, one teaspoon garlic, half teaspoon crushed black peppercorns and three tablespoons cornflour in a mixing bowl and mix well.

Step 2

Heat sufficient oil in a kadai and deep-fry till chicken cubes are golden and crisp.

Step 3

Slit green chillies into two. Slice the spring onion bulbs.

Step 4

Heat oil in a non-stick wok, add remaining garlic, ginger and green chillies and sauté for thirty seconds.

Step 5

Add spring onions and onion slices and sauté till translucent. Add chicken stock, soy sauce and green chilli sauce and mix. Let the mixture come to a boil.

Step 6

Add capsicum and mix. Make slurry of the remaining cornflour with two tablespoons water. Add the slurry to the gravy to thicken it.

Step 7

Chop spring onion greens.

Step 8

Add fried chicken to the gravy and mix. Add spring onion greens and mix.

Step 9

Switch off heat and add vinegar and mix.

Step 10

Transfer into a serving bowl and serve hot garnished with spring onion greens.

Nutrition Info

Calories : 599

Carbohydrates : 105.6

Protein : 112.8

Fat : 9.8

Other : Vitamin B12- 3.1mcg