

# Cauliflower Manchurian

## Ingredients:

$\frac{3}{4}$  cup plain flour

$\frac{1}{4}$  cup corn flower

$\frac{1}{2}$  tea spoon salt

$\frac{1}{2}$  tea spoon paprika

Sunflower oil for frying

1 cauliflower, cut into florets

1 table spoon minced ginger

2 cloves garlic, minced

1 brown onion, sliced

1 capsicum, finely chopped

4 spring onions

2 table spoons tomato sauce

2 tea spoons apple cider vinegar

2 tea spoons soy sauce

1 small chilli finely chopped

Sesame seeds, toasted for garnish

## What to do:

- 1) Mix flour, corn flour, salt and paprika in a bowl.
- 2) Whisk in  $\frac{3}{4}$  cup water.
- 3) Heat a large wok with oil for frying.
- 4) Dip and coat cauliflower pieces in the batter and fry in batches until golden.
- 5) Rest on a plate lined with paper towel.

- 6) Heat a drizzle of oil in another pan.
- 7) Cook ginger and garlic.
- 8) Add onion, capsicum and white parts of spring onion.
- 9) Add remaining and stir though fried cauliflower.
- 10) Garnish with green spring onion and sesame seeds.