





ALSO WORKS A TREAT WITH... Diced chicken or broccoli florets in place of the cauliflower **RAISE YOUR GAME BY...** Adding a dash of red food colouring to the marinade



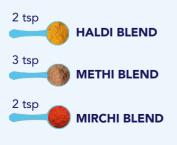
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GOBI MANCHURIAN

In India, any dish with the word 'Manchurian' in the title tends to indicate that it's an interpretation of a Chinese dish, often with added Indian seasonings. In this case, the cauliflower is fried with a crispy spicy coating, then tossed in a rich sweet and sour sauce - the perfect combination of Indian spices and Chinese technique!

Prep	Cook
30 mins	30 mins
Heat (((())	Serves 4

1 small cauliflower - cut into verv small florets 1 bunch of spring onions thinly sliced 1 onion - finely chopped 3 cloves of garlic - finely grated or crushed Fresh ginger - finely grated or chopped to make 1 tbsp 2 peppers (any colour) - cut into bite-sized pieces 150g natural yogurt (full-fat is best) 3 tbsp ketchup 1 tbsp soy sauce (any type) plus extra to serve 2 tbsp vinegar (any type) 20a cornflour 100g plain flour or use gram (chickpea) flour Rice or noodles to serve



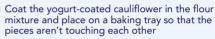
Mix the yogurt with 1 tsp <u>HALDI BLEND</u>, 1 tsp <u>METHI BLEND</u>, 1 ½ tsp <u>MIRCHI BLEND</u> and ½ tsp salt



Mix the cauliflower into the yogurt mixture until fully coated



In a separate bowl mix the flour and 2 tbsp cornflour with ¼ tsp salt





Carefully heat 3cm oil in a wide, deep frying pan over a medium heat - to test when the oil is ready, drop a piece of cauliflower into the oil and it will sizzle then immediately float to the surface



Carefully fry the cauliflower (you will have to do this in batches) for 5 minutes or until golden on all sides then drain on kitchen paper



Fry the onion, peppers, garlic and ginger in a separate pan with 2 tbsp oil on a high heat for 5 minutes, stirring regularly or until the onion is just starting to soften and turn translucent



Mix the ketchup, soy sauce, vinegar, remaining 1 tsp cornflour, 1 tsp <u>HALDI BLEND</u>, 2 tsp <u>METHI</u> <u>BLEND</u>, ½ tsp <u>MIRCHI BLEND</u> and 150ml water



Add the sauce to the fried onion mix then boil for 3 minutes or until thick and glossy



Stir in the fried cauliflower and spring onions and stir fry for 5 minutes until the spring onions are tender and any liquid has evaporated



Serve with rice or noodles, and extra soy sauce on the side