

rare recipes  
by  
*Reena Malhotra*

**SWEET-N-SOUR VEGETABLES (Indian Style)**



**Ingredients :**

(in order of requirement, during preparation)

<input type="checkbox"/> Onion	2 medium
<input type="checkbox"/> Capsicum	2 medium
<input type="checkbox"/> Carrot	2 medium
<input type="checkbox"/> Mushrooms	100g
<input type="checkbox"/> Baby Corn	100g
<input type="checkbox"/> Garlic (optional)	2 flakes
<input type="checkbox"/> Soya Sauce	1 ½ teaspoons
<input type="checkbox"/> Tomato Ketchup	2 tablespoons
<input type="checkbox"/> Chili Sauce	1 tablespoon
<input type="checkbox"/> Salt	As per taste
<input type="checkbox"/> Pepper – Black	As per taste
<input type="checkbox"/> Vinegar	½ tablespoon
<input type="checkbox"/> Sugar	1 teaspoon
<input type="checkbox"/> Ajinomoto	½ teaspoon
<input type="checkbox"/> Corn Flour	2 tablespoons
<input type="checkbox"/> Water	1 cup
<input type="checkbox"/> Cooking Oil	2 tablespoons

rare recipes  
by  
Reena Malhotra

**SWEET-N-SOUR VEGETABLES (Indian Style)**



**METHOD :**

- Wash and clean all the vegetables.
- Slice the Onions, Capsicums, Carrots, Mushrooms and Baby Corn.
- Crush the Garlic Flakes. (Optional)
- Heat the Cooking Oil in a Pan on medium heat.
- Add the Garlic Flakes. (Optional)
- Add the Onions and stir for a 1-2 minutes. Do not overcook
- Add Capsicums, Carrots, Mushrooms and Baby Corn in the Pan.
- Stir for 5-6 minutes. Do not overcook.
- Add Salt, Pepper, Sugar and Ajinomoto.
- Stir for 1-2 minutes.
- Add Soya Sauce.
- Add Tomato Ketchup.
- Add Chili Sauce.
- Add Vinegar.
- Mix well and stir for 2-3 minutes.
- Mix 2 teaspoons of Corn Flour in Water.
- Add to the Pan and stir well to get a thick sauce.
- Transfer to a serving dish.
- Serve Hot with steamed rice and Enjoy!

*People who downloaded these Tips also liked my*

*[Chili Chicken Recipe](#) [Crispy Fried Chicken Recipe](#) [Chili Paneer Recipe](#)*

*Please visit my website : <http://rarerecipes.net> for more recipes and tips.*