

# **Sprouts Veg Fried Rice Recipe**

## **Sprout Veg Fried Rice Recipe**





## *Fried Rice*

Sprouts veg fried rice recipe is an easy, healthy vegetarian lunch dish can be done quickly at home. All you need is cooked rice, veggies and green gram sprouts. You can use any vegetables of your choice, even you can use mixed sprouts if you have in hand. I usually make [chinese fried rice](#) or [japanese style fried rice](#) or [vegetable fried rice](#) or [chinese egg fried rice](#) for lunch. Since I have some [homemade green gram sprouts](#) in fridge, I prepared in the same way of veg fried rice. You don't need any side dish for this rice, just potato chips or ketchup is enough. You can pack this sprouts rice for lunch box for kids or adults or get together.

# How to make Sprouts veg fried rice recipe

## Sprouts Veg Fried Rice Recipe



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Prep time

20 mins

Cook time

15 mins

Total time

35 mins

Sprouts veg fried rice recipe is an easy, healthy vegetarian lunch dish made from rice, veggies and sprouts. You can pack this kids lunch box.

Author: gayathri ramanan

Recipe type: rice

Cuisine: Indian

Serves: 2

Ingredients

- 2 Tsp of butter
- 2 Tsp of Oil
- $\frac{1}{2}$  Red Onion, sliced

- 1 green chilly
- 2 Garlic Cloves, Chopped
- 10 Baby Carrots, Chopped
- $\frac{1}{2}$  Yellow Capsicum, Chopped
- $\frac{1}{2}$  Orange Capsicum, Chopped
- $\frac{1}{2}$  Green Capsicum, Chopped
- 2 Green Onions, Chopped
- 1 Cup of Sprouts
- 2.5 Tsp of Soy Sauce
- 1 Tsp of Vinegar
- $\frac{1}{2}$  Tsp of Sugar
- 1 Tsp of Tomato Ketchup (optional)
- 1 cup of Basmati Rice
- Salt to taste

## Instructions

1. Wash and cut all the vegetable finely.
2. Soak the basmathi rice for 10 mins.
3. Cook the rice in cooker for 2 whistles. Spread it in a plate and Cool down the rice and keep it aside.
4. Heat a pan with butter and oil, when it is hot, add onion, green chilly and garlic, fry this for few mins.
5. Add all the vegetables (carrots, capsicum and lastly green gram sprouts) frying each for 2 mins.
6. Add soy sauce, salt, pepper, tomato ketchup, vinegar and sugar, fry this for a min.
7. Finally add cooked rice, mix well gently. Check for salt.
8. Add chopped green onion (spring onion) green part only.
9. Switch off the flame and transfer it to serving bowl.

## Notes

Use any veggies of your choice.

You can also use mixed sprouts.

For 1 cup of rice, add 1.5 cup of water

Cook all the vegetables in a high flame to retain its crunchy taste.

If you like ajinomotto, just use a pinch of it.



If you dont like crunchy taste of sprouts, cook it in cooker with water before using it.



tags: [sprouts fried rice](#), [sprouts fried rice recipe](#), [how to make sprouts fried rice recipe](#), [sprouts veg fried rice recipe](#), [easy fried rice recipe](#), [prepare fried rice at home](#), [restaurant style fried rice](#), [lunch box rice recipe](#)

Tags: [sprouts veg fried rice recipe](#), [fried rice recipe](#), [how to make sprouts fried rice](#), [sprouts rice](#).

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# Mushroom Manchurian / Dry Mushroom Manchurian Recipe

Mushroom manchurian / mushroom manchurian dry recipe is a popular dish of Indo chinese cuisine. Me and my husband are great mushroom lovers. So I used to make lot of recipes with mushroom, few I have already posted in my blog. They are [mushroom 65](#), [mushroom rice](#), [Mushroom soup](#), [soya chunks mushroom curry](#), [black eyed peas with mushroom](#), [mushroom sandwich](#), [stir fry with asparagus and mushroom](#). Coming to the recipe, it is a dry version of mushroom manchurian. Making mushroom manchurian recipe involves simple procedure, first you have to take coat the mushroom in a spicy batter and deep fry it, toss well in soya sauce and tomato ketchup. Finally garnish it with spring onion. Serve this manchurian recipe as a starter or can be served as a side dish for [chinese vegetable fried rice](#) or [egg fried rice](#) or [Indo Chinese Fried Rice](#). You can also serve mushroom manchurian for chapathi or bread.

**Mushroom Manchurian / How to make dry mushroom Manchurian**



## Health Benefits of Mushroom

- Low in calories
- High in protein and fiber.
- Good source of iron, niacin, vitamin B, C and D and anti-oxidants.
- Significant anti-bacterial activity.
- Good for immune function and cardiovascular benefits.

## Ingredients For Mushroom Manchurian

### To The Batter

- 1 Packet of Mushroom
- 1/4 Cup of Maida
- 1/4 Cup of Corn Flour
- 1 Tbsp of Rice Flour
- 2 Tsp of Curd
- 1 Tsp of Ginger Garlic Paste
- 1 Tsp of Red Chilly Powder



- Salt to Taste
- Oil to Fry

### **For the Manchurian**

- 1 Tbsp of Oil
- 1 Big Red Onion, Finely Chopped
- 1 Tsp of Ginger Garlic Paste
- 2 Green Chilies, make into paste
- 1 Green Capsicum, Finely Chopped
- 2 Tsp of Soya Sauce
- 2 Tbsp of Tomato Ketchup
- 1/2 Tsp of Pepper Powder
- 1 Tsp of Corn Flour Mixed with 2 Tbsp of Water
- Salt To Taste
- Spring Onion (White Part and Green Part), Finely Chopped

## **Method For Mushroom Manchurian**

- Wash the mushroom and slice them.
- In a Mixing bowl, add all the ingredients listed under "To Batter", mushroom and water. Marinate it for 15 mins.
- Deep fry them in a hot oil and keep it aside.
- Heat oil in a pan, add red onion, white part of spring onion, ginger garlic paste, green chilies fry them for a min until raw smell vanishes. Add capsicum, fry for a min, add soya sauce, tomato ketchup, pepper powder and required salt.
- Add cornflour mixture allow it to boil, transfer fried mushroom and toss well. Finally add green part of spring onion and give a quick stir.
- Serve hot immediately with fried rice.

## **Tips**

- Adjust tomato ketchup, pepper, salt and soya sauce according to your taste.

- Spring onion gives a nice taste and flavor.
- You can add green chili sauce instead of adding green chillies, like I did.
- You can use any kind of mushroom to make this manchurian.
- Add salt accordingly as sauce has salt in it.
- Use vegetarian oyster sauce and ajinomoto for nice taste.
- You can also use red and yellow bell pepper in place of green capsicum.

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*Mushroom Manchurian*  
*Recipe*



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## Mushroom 65 (Dry Recipe) / Mushroom Snack Recipe



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Mushroom 65 is a spicy Indo-Chinese appetizer. Here the mushroom are first marinated in a batter, then deep fried and finally garnished with spring (green) onion and sriracha sauce. It has a distinct flavor because of addition of soy sauce, chilly and garlic. Also this is a great evening snack for kids and adults.

## Ingredients

2 Very Big White Mushroom, Sliced (10 Slices)  
4 Tbsp of Corn Flour  
3 Tbsp of Red Onion, Finely Chopped  
1 Garlic Clove, Finely Chopped  
2 Green Chilies  
1/2 Tsp of Black Pepper Powder  
2 Tsp of Soy Sauce  
Pinch of Ajinamoto  
Water as needed  
Oil for Deep Frying

## To Garnish

1 Spring Onion (Green Onion)  
Sriracha Sauce / Tomato Chili Sauce to taste.

## Method

- In a bowl, mix all the ingredients with little water. The batter consistency should be little thick but not watery. Keep this aside for 5 mins to marinate.
- Meanwhile, heat oil in a shallow pan for deep frying. When it is hot, deep fry the every piece of marinated mushroom until it changes color. Once done, drain the excess of oil and take it out from the pan.
- Finally garnish with chopped spring (green) onion and sriracha sauce.
- Enjoy with tea.

## Tips

- You can omit the ajinamoto, if you don't want.
- Red Chilly powder can also be added in place of green chilly.



- As soy sauce is salty in taste, you don't want to add table salt.

### Health Benefits of Mushroom

- Low in calories
- High in protein and fiber.
- Good source of iron, niacin, vitamin B, C and D and anti-oxidants.
- Significant anti-bacterial activity.
- Good for immune function and cardiovascular benefits.

