



## Soya Matar Veg Pulao Recipe

### Ingredients

- Sachet MAGGI Masala-ae-Magic
- Tablespoons Oil
- Onion (Medium, Chopped)
- Teaspoon Ginger-Garlic Paste
- Tomato, Ripe, Local (*Solanum Lycopersicum*)
- gms Soya Granules
- Cups Water
- Teaspoon Turmeric Powder
- Teaspoon Red Chilli Powder
- Teaspoon Coriander Powder
- gms Peas
- Pinch Salt (To Taste)
- Tablespoons Coriander Leaves (Chopped)

### Zubereitung

1. Soak soya chunks in hot water for 15 minutes. Squeeze out the water and keep the soya chunks aside. Prepare ingredients as mentioned in the list.
2. Heat 2 tablespoons oil In a pressure cooker, add chopped onions and fry till golden brown. Add ginger garlic paste and fry for 5 minutes. Now add the tomatoes and sauté till soft. Add turmeric powder, red chilli powder and coriander powder. Fry for another minute
3. Add peas and sauté for 2-3 minutes. Then, add the soya chunks, water, MAGGI Masala-ae-Magic and salt. Mix well, cover the cooker and cook for 2 minutes after the first whistle.
4. Heat 1 tablespoon oil, add cumin seeds and when they splutter add the onions. Saute till golden brow, add 4 cups water and bring to a boil. Add washed rice and cook covered on low flame till done.
5. Mix the cooked rice and Soya Matar together. Serve hot garnished with coriander leaves.

#### Nährwerte an

Carbohydrates	9.55 g
Energy	105.45 kcal
Fats	6.37 g
Protein	3.22 g

🕒 67 Minutes

⊕ 8 Servings