



Healthy Soya Salad Recipe

Ingredients

- Sachet MAGGI Masala-ae-Magic
- 1/2 1/2 Cup Black Chana (Black Chickpeas) (Soaked for 4-5 hrs)
- 1/2 1/2 Cup Peanuts (Coarsely ground)
- 1/2 1/2 Cup Soya Chunks
- Onion (Sliced)
- Tomato, Ripe, Local (*Solanum Lycopersicum*)
- 1/4 1/4 Teaspoon Chaat Masala
- Pinch Salt (To Taste)
- Tablespoon Oil
- Tablespoon Lemon Juice
- Tablespoons Coriander Leaves (Chopped)

Instruction

1. Soak chickpeas overnight and pressure cook along with raw peanuts for 10 minutes. Prepare ingredients as mentioned in the list. Soak soya granules in warm water for 15 minutes, press them gently and take out excess water.
2. In bowl take chickpea, peanuts, soya granules, onion, tomato, MAGGI Masala-ae-Magic, chaat masala, salt, oil and mix well.
3. Garnish with coriander leaves and lemon juice, serve chilled.

Nutrition

Carbohydrates	11.08 g
Energy	193.61 kcal
Fats	14.17 g
Protein	8.26 g

25 Minutes

4 Servings