



## Soya Salad Bhel 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
- Cup Puffed Rice
- Onion (Sliced)
- Tomato, Ripe, Local (*Solanum Lycopersicum*)
- 1/4 1/4 Teaspoon Chaat Masala
- Pinch Salt (To Taste)
- Tablespoon Oil
- 1/2 1/2 Cup Sev
- Tablespoons Coriander Leaves (Chopped)
- Tablespoon Lemon Juice
- Tablespoons Coriander Chutney

### 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, puffed rice, onion, tomato, MAGGI Masala-ae-Magic, chaat masala, salt, oil and mix well.
3. Garnish with sev and coriander leaves and lemon juice, serve topped with the coriander chutney.

### Nutrition

|               |            |
|---------------|------------|
| Carbohydrates | 24.17 g    |
| Energy        | 223.1 kcal |
| Fats          | 11.27 g    |
| Protein       | 7.59 g     |

28 Minutes

6 Servings