



## Soya Potato Rolls Recipe

### Ingredients

- Sachet MAGGI Masala-ae-Magic (6 Grams)
- Cup Soya Chunks
- ml Oil
- Onion
- Tablespoon Ginger-Garlic Paste
- Tomato (Medium, Chopped)
- 1/4 1/4 Cups Water
- 3/4 3/4 Cup Carrot (cut into small cubes)
- 1/2 1/2 Cup Peas (Shelled)
- Green Chillies (Slit)
- Teaspoon Garam Masala Powder
- Teaspoon Pepper Powder
- 1/2 1/2 Cup Coriander Leaves (Chopped)
- Tablespoons Maida
- Potato (Cut Into Small Cubes)
- Pinch Salt (To Taste)
- Pav

### Instruction

1. 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. Heat 2 tablespoons oil in a karahi and add onions and sauté till golden brown. Add ginger-garlic paste and stir fry till the raw smell goes, add tomatoes and sauté till tomatoes are soft and cooked. Then add soya granules and fry for a minute. Add the carrot, peas, green chillies, salt and 1 cup water. Cook till vegetables are done and the mixture is dry.
3. Sprinkle the MAGGI Masala-ae-Magic, garam masala powder and pepper powder and mix well. Remove from flame and sprinkle the coriander leaves and 1 tablespoon of maida and mix well. Divide into 6 portions and allow to cool.
4. Mix rest of the maida in ¼ cup water to make a thin paste. Keep aside. Mash the boiled potatoes with salt into a smooth mixture, divide the mixture into 6 portions.
5. Take one portion of mashed potatoes and make a well in the centre and place one portion of soya mixture. Cover soya mixture with mashed potato and shape into a roll. Repeat with rest of the mashed potato and soya mixture.
6. Dip each roll in the maida paste and roll in bread crumbs. Heat oil in a non stick pan and shallow fry the rolls till all sides turn golden brown. Serve hot with mint chutney or tomato Sauce.

#### Nutrition

Carbohydrates	45.86 g
Energy	530 kcal
Fats	35.48 g
Protein	8.84 g

60 Minutes

6 Servings