Soya Shammi Kababs Recipe

Ingredients

- Sachet MAGGI Masala-ae-Magic (6 Grams)
- 1/3 1/3 Cup Chana Dal
- Cups Soya Chunks
- Onion
- Tablespoon Garlic (Chopped)
- Tablespoon Ginger (Cut Into Strips)
- Teaspoon Dry Red Chillies
- Teaspoon Pepper Powder
- Green Cardamom (Coarsely Crushed)
- Cinnamon (1 Inch Pieces, Crushed)
- 1/2 1/2 Teaspoon Garam Masala Powder
- 1/4 1/4 Teaspoon Mace Powder (Javitri)
- Tablespoons Coriander Leaves (Chopped)
- 1/2 1/2 Cup Water
- Pinch Salt (To Taste)
- ml Oil

Instruction

1. Soak chana dal in warm water for 15 minutes. Soak the soya nuggets in hot water for 30 minutes, squeeze out the water and keep aside. Prepare ingredients as mentioned in the list.

2. In a pressure cooker, put soya nuggets, chana dal, MAGGI Masala-ae-Magic and rest of the ingredients, except oil. Add ½ cup of water and cook for 10 minutes after the first whistle.

3. Open the cooker and cook till all the water evaporates. When cool, grind in a blender to a fine paste and knead the mixture.

4. Divide the mixture into 8 equal portions and flatten each portion into round kebabs. Deep fry till golden brown. Serve with onion rings and lime wedges.

Nutrition

		65 Minutes
Carbohydrates	13.3 g	
Energy	123.91 kcal	4 Servings
Fats	4.62 g	
Protein	9.35 g	