



Soya Shammi Kathi Roll Recipe

Ingredients

- Sachet MAGGI Masala-ae-Magic (6 Grams)
- 1/3 1/3 Cup Chana Dal
- Cups Soya Chunks
- 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
- Paratha
- Onion
- Tablespoons Coriander Leaves (Chopped)
- 1/2 1/2 Cup Coriander Chutney

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.
5. Gently crumble each Soya Shammi Kabab and place on a paratha. Sprinkle some chopped onion and coriander leaves. Top with a teaspoon of coriander chutney and roll it to make delicious Kathi Rolls.
6. Serve with onion rings and lime wedges.

Nutrition

Carbohydrates	52.66 g
Energy	783.17 kcal
Fats	58.46 g
Protein	12.21 g

78 Minutes

6 Servings