



Soya Shammi Kathi Roll Recipe

Ingredients

- 1 Sachet MAGGI Masala-ae-Magic
- 0.33 Cup Chana Dal
- 2 Cups Soya Nuggets
- 1 Tablespoon Garlic (Chopped)
- 1 Tablespoon Ginger (Chopped)
- 1 Teaspoon Red Chilli Powder
- 1 Teaspoon Black Pepper Powder
- 2 Green Cardamom
- 1 Cinnamon (1 Inch Pieces)
- 0.5 Teaspoon Garam Masala Powder
- 0.25 Teaspoon Mace Powder (Javitri)
- 3 Tablespoons Coriander Leaves (Chopped)
- 0.5 Cup Water
- 1 Pinch Salt (To Taste)
- 250 ml Oil
- 8 Paratha
- 1 Onion (Chopped)
- 4 Tablespoons Coriander Leaves (Chopped)
- 0.5 Cup Coriander Chutney

Zubereitung

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.

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

🕒 78 Minutes

⊕ 6 Servings