



Chilli Soya Nuggets Recipe

Ingredients

- Cube MAGGI Magic Cubes Vegetarian (Crumbled)
- Tablespoon MAGGI Hot & Sweet Tomato Chilli Sauce
- Cups Soya Chunks
- Cups Water
- Tablespoons Oil
- Dry Red Chillies
- Tablespoons Onion
- Green Capsicum
- Green Chillies (Slit)
- Tablespoon Ginger Paste
- Tablespoon Garlic (Crushed)
- Tablespoons Soya Sauce
- Tomato (Medium, Chopped)
- Spring Onion (Chopped)
- Pinch Salt (To Taste)

Instruction

1. Prepare ingredients as mentioned in the list Soak soya nuggets in hot water along with ½ tablespoon salt for 30 mins. Squeeze out the water and keep aside.
2. Heat the oil in a karahi and add dry red chillies, onions, capsicum, green chillies and ginger paste, garlic paste and sauté on medium heat till onions turn brown.
3. Drain the soaked chunks and reserve the water. Squeeze them gently to remove excess water and add to the pan, add salt and mix well. Stir fry for about 5 mins.
4. In the reserved water add crumbled MAGGI Magic Cubes – Vegetarian, soya sauce, tomato puree and MAGGI Hot & Sweet Tomato Chilli Sauce. Mix well and bring to a boil on high flame, add to the pan with the soya nuggets and mix. Adjust salt to taste. Lower the heat and cook covered for 8-10 minutes.
5. Garnish with the spring onions and serve hot with fried rice or noodles.

Nutrition

Carbohydrates	13.5 g
Energy	185.52 kcal
Fats	11.28 g
Protein	10.28 g

61 Minutes

5 Servings