



## Soya Upma Recipe

### Ingredients

- Sachet MAGGI Masala-ae-Magic (6 Grams)
- Cup Soya Chunks
- Cups Water
- Tablespoons Oil
- Teaspoon Mustard Seeds
- Teaspoon Ginger (Cut Into Strips)
- Curry Leaves
- Teaspoons Sabut Urad Dal
- Onion
- 1/2 1/2 Cup Green Capsicum
- 1/2 1/2 Cup Corn Kernels
- 1/4 1/4 Cup Green Peas
- Cup Sooji (Rava)
- Green Chillies (Chopped)
- Pinch Salt (To Taste)
- Tomato (Medium, Chopped)
- Tablespoons Coriander Leaves (Chopped)

### 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 oil in a nonstick pan, add mustard seeds, ginger, curry leaves and urad dal and sauté for 1 minute, add onions and fry till soft and translucent. Add capsicum, corn and peas and sauté for 5 minutes.
3. Add sooji to the vegetable mixture and sauté for 2-3 minutes, add soya granules, green chillies, salt and tomato. Sauté for another minute.
4. Add hot water and MAGGI Masala-ae-Magic to the pan and cook till all water has been absorbed. Garnish with coriander leaves and serve hot.

### Nutrition

Carbohydrates	28.39 g
Energy	207.1 kcal
Fats	7.25 g
Protein	8.33 g

35 Minutes

6 Servings