



Soya Upma Recipe

Ingredients

- Sachet MAGGI Masala-ae-Magic
- Cup Soya Chunks
- Cups Hot Water
- Tablespoons Oil
- Teaspoon Mustard Seeds
- Teaspoon Ginger
- Curry Leaves
- Teaspoons Urad Dal
- Onion (Chopped)
- 1/2 1/2 Cup Green Capsicum
- 1/2 1/2 Cup Corn Kernels
- 1/4 1/4 Cup Green Peas (Shelled)
- Cup Sooji (Rava)
- Green Chillies
- Pinch Salt
- Tomato (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