



Soya Upma Bonda 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)
- Cup Besan (Gram Flour)
- 1/2 1/2 Teaspoon Red Chilli Powder
- Cup Water

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 3 cups 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.
5. Make a batter with besan, red chilli powder, salt and a cup of water. Make lime sized balls with the Soya Upma, dip in besan batter and hot oil till golden brown.
6. Serve hot with MAGGI Tomato Ketchup

Nutrition

Carbohydrates	27.94 g
Energy	199.83 kcal
Fats	6.21 g
Protein	8.82 g

53 Minutes

8 Servings