



Chunky Soya Vegetable Pulao Recipe

Ingredients

- Sachet MAGGI Masala-ae-Magic
- Tablespoons Oil
- Cloves (Coarsely Crushed)
- Green Cardamom (Coarsely Crushed)
- Star Anise (Coarsely Crushed)
- Teaspoon Whole Peppercorns
- Onion (Chopped)
- Teaspoon Ginger-Garlic Paste
- 1/3 1/3 Cups Water
- Pinch Salt (To Taste)
- Green Chillies (Slit)
- Cups Chopped Vegetables (Carrots, Beans, Cauliflower, Potatoes, Peas)
- Cups Soya Chunks
- 1/3 1/3 Cups Rice
- Tablespoons Coriander Leaves (Chopped)
- Cinnamon (1 Inch Pieces, Crushed)

Instruction

1. Prepare ingredients as mentioned in the list.
2. Heat oil in a pressure cooker, add the cinnamon, cloves, green cardamoms, peppercorns and star anise. Then add the onions and sauté, till they turn golden-brown.
3. Add the ginger-garlic paste and stir-fry till the raw smell is gone. Then add the vegetables and soya chunks, mix well
4. Add the water, rice, coriander leaves and MAGGI Masala-ae-Magic. Mix well and add salt to taste.
5. Cover the pressure cooker and cook on low-flame for 2-3 minutes after the first whistle.
6. Serve hot with raita.

Nutrition

Carbohydrates	79.53 g
Energy	569.92 kcal
Fats	20.46 g
Protein	17.68 g

37 Minutes

4 Servings