



Soya Matar Recipe

Ingredients

- Sachet MAGGI Masala-ae-Magic (6 Grams)
- Tablespoons Oil
- Onion (Chopped)
- Teaspoon Ginger-Garlic Paste
- Tomato (Small, Chopped)
- gms Soya Chunks
- Cups Water
- 1/2 1/2 Teaspoon Turmeric Powder
- 1/2 1/2 Teaspoon Red Chilli Powder
- Teaspoon Coriander Powder
- gms Peas (Shelled)
- Pinch Salt (To Taste)
- Tablespoons Coriander Leaves (Chopped)

Instruction

1. Soak soya chunks in hot water for 15 minutes. Squeeze out the water and keep the soya chunks aside. Prepare ingredients as mentioned in the list.
2. Heat 2 tablespoons oil In a pressure cooker, add chopped onions and fry till golden brown. Add ginger garlic paste and fry for 5 minutes. Now add the tomatoes and sauté till soft. Add turmeric powder, red chilli powder and coriander powder. Fry for another minute.
3. Add peas and sauté for 2-3 minutes. Then, add the soya chunks, water, MAGGI Masala ae Magic and salt. Mix well, cover the cooker and cook for 2 minutes after the first whistle. (
4. Garnish with coriander leaves and serve hot.

Nutrition

Carbohydrates	19.1 g
Energy	177.14 kcal
Fats	8.99 g
Protein	6.43 g

47 Minutes

4 Servings