



Soya Matar Veg Pulao Recipe

Ingredients

- Sachet MAGGI Masala-ae-Magic
- Tablespoons Oil
- Onion (Chopped)
- Teaspoon Ginger-Garlic Paste
- Tomato (Chopped)
- gms Soya Chunks
- Cups Hot Water
- 1/2 1/2 Teaspoon Turmeric Powder
- 1/2 1/2 Teaspoon Red Chilli Powder
- Teaspoon Coriander Powder
- gms Peas (Shelled)
- Pinch Salt
- 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. Heat 1 tablespoon oil, add cumin seeds and when they splutter add the onions. Saute till golden brow, add 4 cups water and bring to a boil. Add washed rice and cook covered on low flame till done.
5. Mix the cooked rice and Soya Matar together. Serve hot garnished with coriander leaves.

Nutrition

Carbohydrates	9.55 g
Energy	105.45 kcal
Fats	6.37 g
Protein	3.22 g

67 Minutes

8 Servings