



## Soya Keema Matar Recipe

### Ingredients

- Sachet MAGGI Masala-ae-Magic
- 1/2 1/2 Cups Soya Chunks
- Tablespoon Ghee
- Tablespoon Jeera
- Inch Cinnamon (1 Inch Pieces, Crushed)
- Cloves
- Green Cardamom
- Green Chillies (Slit)
- Cloves Garlic
- Onion (Sliced)
- Tablespoon Ginger Paste
- 1/2 1/2 Teaspoon Turmeric Powder
- Teaspoon Red Chilli Powder
- Tablespoon Coriander Powder
- 1/2 1/2 Teaspoon Cumin Powder
- 1/2 1/2 Teaspoon Garam Masala Powder
- Tomato, Ripe, Local (Solanum Lycopersicum)
- 1/2 1/2 Cup Dahi
- Cup Peas (Shelled)
- Pinch Salt
- 1/2 1/2 Cups Warm Water
- 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 ghee in a pressure cooker, add cumin seeds, cinnamon, cloves and cardamom. When they splutter add green chillies and garlic, sauté till it turns golden brown. Then add onion and ginger paste and sauté till onions turn golden brown.
3. Add turmeric powder, red chilli powder, coriander powder, cumin powder and gram masala powder. Sauté for a minute and then add tomato puree and stir well, cook until the oil is separates from the masala paste.
4. Keeping the flame on low, add well beaten dahi and stir well until the oil is separated. Add in soya granules and peas, add salt to taste and sauté for 5 minutes. Add water and MAGGI Masala-ae-Magic, mix well. Cook for 5 minutes after first whistle.
5. Garnish with fresh coriander leaves and serve hot with chapattis

### Nutrition

Carbohydrates	16.29 g
Energy	161.71 kcal
Fats	7.43 g
Protein	9.83 g

45 Minutes

6 Servings