



Soya Keema Matar Pav Recipe

Ingredients

- Sachet MAGGI Masala-ae-Magic (6 Grams)
- 1/2 1/2 Cups Soya Chunks
- Tablespoon Ghee
- Tablespoon Cumin Seeds
- Inch Cinnamon (1 Inch Pieces, Crushed)
- Cloves (Coarsely Crushed)
- Green Cardamom (Coarsely Crushed)
- Green Chillies (Slit)
- Cloves Garlic (Chopped)
- Onion
- Tablespoon Ginger Chilli 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 (Medium, Chopped)
- 1/2 1/2 Cup Nestlé A+ Curd
- Cup Peas (Shelled)
- Pinch Salt (To Taste)
- 1/2 1/2 Cups Water
- Teaspoon Oil
- Pav
- Tablespoons Coriander Leaves (Chopped)
- Teaspoons Lime Juice

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 half the chopped 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. Melt the butter on a tawa, place the halved pav pieces and toast till golden brown.
5. Garnish the Soya Keema Matar with remaining chopped onions, coriander leaves and lime juice. Serve hot with toasted pav.

Nutrition

Carbohydrates	40.84 g
Energy	289.8 kcal
Fats	9.1 g
Protein	13.58 g

48 Minutes

6 Servings