



Soya Matar Pulao Recipe

Ingredients

- Cubes MAGGI Magic Cubes Vegetarian (Crumbled)
- Tablespoons Ghee
- Bay Leaf
- 1/2 1/2 Teaspoon Jeera
- Inch Cinnamon (1Inch Pieces, Crushed)
- Cloves
- Green Cardamom
- Onion (Sliced)
- 1/4 1/4 Teaspoon Turmeric Powder
- Tablespoon Coriander Powder
- Teaspoon Red Chilli Powder
- 1/4 1/4 Teaspoon Garam Masala Powder
- Tomato, Ripe, Local (Solanum Lycopersicum)
- 1/2 1/2 Cups Rice (Boiled)
- Cup Green Peas (Shelled)
- Cup Soya Chunks
- Cups Warm Water
- Tablespoons Coriander Leaves (Chopped)
- Pinch Salt
- Teaspoon Garlic (Chopped)

Instruction

1. Soak the soya nuggets in hot water for 30 minutes, squeeze out the water and keep aside. Prepare ingredients as mentioned in the list.
2. Heat ghee in a pressure cooker, add cumin seeds, cinnamon, bay leaf, cloves and cardamom.
3. When the cumin seeds crackle, add chopped onion and garlic paste and sauté till onions are golden brown. Add turmeric powder, coriander powder, red chilli powder and garam masala powder and stir fry for 2 minutes on a low flame. Add tomatoes and cook till they soften.
4. Add the rice, green peas, soya chunks, salt, water, crumbled MAGGI Magic Cubes - Vegetarian and coriander leaves. Pressure cook for 2 minutes after the first whistle. Serve hot with raita.

Nutrition

Carbohydrates	57.53 g
Energy	348.17 kcal
Fats	7.56 g
Protein	11.57 g

60 Minutes

6 Servings