



## Odiya Style Soya Aloo Matar Recipe

### Ingredients

- Sachet MAGGI Masala-ae-Magic (6 Grams)
- Cups Soya Chunks
- Tablespoons Mustard Oil
- Bay Leaf
- Teaspoon Sugar
- Onion
- Tablespoon Ginger-Garlic Paste
- Teaspoon Turmeric Powder
- Teaspoon Red Chilli Powder
- Teaspoon Cumin Powder
- Teaspoons Coriander Powder
- Tomato (Medium, Chopped)
- Pinch Salt (To Taste)
- Potato (Cut Into Small Cubes)
- Cup Peas (Shelled)
- Green Chillies (Slit)
- Cups Water
- 1/2 1/2 Teaspoon Garam Masala Powder

### Instruction

1. Prepare ingredients as mentioned in the list. Soak soya nuggets in hot water along with ½ tablespoon salt for 30 mins. Squeeze out the water and keep aside.
2. Heat oil in a karahi, add the bay leaves and sugar and stir till the sugar melts and starts caramelizing. Add the chopped onion and fry till light brown.
3. Add the ginger-garlic paste and fry well for 2 -3 minutes. Add the turmeric powder, red chilli powder, cumin powder, coriander powder, tomatoes and salt and sauté well for 5 minutes.
4. Now add the soya nuggets and the fried potatoes, stir fry for 2 minutes. Add the boiled peas, green chillies, MAGGI Masala-ae-Magic and hot water, bring to a boil and simmer for 10 minutes. Add garam masala powder, mix well and remove from fire.
5. Serve hot along with rotis or poories.

### Nutrition

Carbohydrates	16.45 g
Energy	193.61 kcal
Fats	5.17 g
Protein	7.13 g

60 Minutes

7 Servings