



## Odiya Style Soya Aloo Matar Recipe

### Ingredients

- 1 Sachet MAGGI Masala-ae-Magic
- 2 Cups Soya Nuggets
- 4 Tablespoons Mustard Oil
- 2 Bay Leaf
- 1 Teaspoon Sugar
- 1 Onion (Chopped)
- 1 Tablespoon Ginger-Garlic Paste
- 1 Teaspoon Turmeric Powder
- 1 Teaspoon Red Chilli Powder
- 1 Teaspoon Cumin Powder
- 2 Teaspoons Coriander Powder
- 2 Tomato (Chopped)
- 1 Pinch Salt (To Taste)
- 1 Potato
- 1 Cup Dry White Peas
- 4 Green Chillies (Slit)
- 2 Cups Hot Water
- 0.5 Teaspoon Garam Masala Powder

### Zubereitung

1. Prepare ingredients as mentioned in the list. Soak soya nuggets in hot water along with  $\frac{1}{2}$  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.

#### Nährewerte an

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

🕒 60 Minutes

⊕ 7 Servings