



Soya Dalna Recipe

Ingredients

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

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 oil in a karahi, add the potatoes and fry till golden, remove and keep aside. To the remaining oil add the bay leaves and the cumin seed, when they splutter add the chopped tomatoes, ginger paste, turmeric powder, cumin powder and red chilli powder and fry till the tomatoes soften.
3. Add salt to taste and fried potatoes and fry for 5 minutes. Add the soya chunks and sauté for 5 minutes. Add hot water, MAGGI Masala-ae-Magic and sugar, bring to a boil and simmer gravy for a few minutes.
4. Add the green chillies, garam masala powder and ghee. Stir for a minute and remove. Serve with rotis or rice.

Nutrition

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| Carbohydrates | 20.02 g |
| Energy | 234.92 kcal |
| Fats | 8.02 g |
| Protein | 9.75 g |

55 Minutes

4 Servings