



## Soya Dalna Ghugni 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
- Cups Peas (Shelled)
- Green Chillies (Slit)
- 1/2 1/2 Teaspoon Garam Masala Powder
- Teaspoon Ghee
- Onion
- Tablespoons Coriander Leaves (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 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 half of 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 till gravy is thick and coats the soya nuggets.
4. Add the cooked white peas, garam masala powder and ghee. Stir for a minute and remove.
5. Serve the Soya Dalna Ghugni garnished with chopped onion, remaining tomatoes and coriander leaves.

### Nutrition

Carbohydrates	17.34 g
Energy	156.29 kcal
Fats	4.21 g
Protein	7.22 g

57 Minutes

8 Servings