



Soya Nuggets Curry Recipe

Ingredients

- Sachet MAGGI MASALA-AE-MAGIC Shahi Masala
- Tablespoons Oil
- Onion (Chopped)
- Tablespoon Ginger Paste
- Tablespoon Garlic (Chopped)
- Teaspoon Kashmiri Chilli Powder
- 1/2 1/2 Teaspoon Turmeric Powder
- Teaspoon Coriander Powder
- Tomato (Small, Chopped)
- Potato (Boiled and grated)
- 1/2 1/2 Cups Soya Chunks
- Cup Water
- Pinch Salt (To Taste)
- Tablespoons Coriander Leaves (Chopped)

Instruction

1. Soak soya nuggets in hot water for 15 min. Squeeze out the water and keep aside.
2. While soya is soaking, heat oil in a karahi and sauté the onions till golden brown, add the ginger paste & garlic paste and sauté for another 5 minutes. Add red chilli powder, turmeric powder and coriander powder and fry for a minute.
3. Add the puréed tomatoes and cook until the oil separates from the sides. Add potatoes and soya nuggets, sauté for 2 minutes. Add the water and cook covered till potatoes are done. Add MAGGI Shahi Masala and mix well. Adjust salt to taste and simmer for 2-3 minutes.
4. Garnish with coriander leaves and serve hot with roti or rice

Nutrition

Carbohydrates	24.2 g
Energy	247.74 kcal
Fats	13.81 g
Protein	9.04 g

42 Minutes

6 Servings