



Nutty Soya Upma Recipe (Diabetic Friendly)

Ingredients

- Sachet MAGGI Masala-ae-Magic
- gms Soya Chunks
- 1/2 1/2 Tablespoons Oil
- Teaspoon Mustard Seeds
- Teaspoon Ginger (Chopped)
- Curry Leaves
- Teaspoons Urad Dal
- Tablespoons Peanuts
- Onion (Chopped)
- 1/2 1/2 Cup Green Capsicum (Chopped)
- 1/3 1/3 Cup Sweet Corn
- 1/3 1/3 Cup Green Peas
- Cup Sooji (Rava)
- Green Chillies (Slit)
- Tomato, Ripe, Local (Solanum Lycopersicum)
- 1/2 1/2 Cups Water
- Pinch Salt (To Taste)
- Tablespoons Coriander Leaves (Chopped)

Instruction

1. Prepare ingredients as mentioned in the list. Soak soya granules in warm water for 15 minutes, press them gently and take out excess water.
2. Heat oil in a nonstick pan, add mustard seeds, ginger, curry leaves, urad dal and peanuts and sauté for 1 minute, add onions and fry till soft and translucent. Add capsicum, corn and peas and sauté for 5 minutes.
3. Add sooji to the vegetable mixture and sauté for 2-3 minutes, add soya granules, green chillies, salt and tomato. Sauté for another minute.
4. Add hot water and MAGGI Masala-ae-Magic to the pan and cook till all water has been absorbed. Garnish with coriander leaves and serve hot.

Nutrition

Carbohydrates	31.63 g
Energy	236.23 kcal
Fats	5.78 g
Protein	15.11 g

30 Minutes

6 Servings