

Soya Potato Cutlet Recipe (Diabetic Friendly)

Ingredients

- Sachet MAGGI Masala-ae-Magic (6 Grams)
- gms Soya Flour
- 1/2 1/2 Tablespoons Oil
- Onion (Chopped)
- Tablespoon Ginger-Garlic Paste
- Green Chillies (Chopped)
- gms French Beans (Chopped)
- gms Carrot (cut into small cubes)
- gms Peas (Shelled)
- 1/2 1/2 Cup Water
- 1/2 1/2 Teaspoon Black Pepper Powder
- gms Paneer (Cut into 1" cubes)
- Potato (Boiled and grated)
- 1/2 1/2 Teaspoon Amchur Powder (Dry Mango Powder)
- Tablespoons Coriander Leaves (Chopped)
- Pinch Salt (To Taste)
- Tablespoons Bread Crumbs

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 1/2 Tbsp oil in a karahi, add onion and sauté till golden brown. Add ginger garlic paste and stir till raw smell goes. Add green chillies, soya granules and fry for a minute. Add beans, carrot, peas and mix well. Add ½ cup water and cook till vegetables are done and the mixture is dry.
3. Add black pepper powder, paneer, potato and amchur powder. Sprinkle MAGGI Masala-ae-Magic, coriander leaves and mix well. Adjust the salt to taste.
4. Allow the mixture to cool, add breadcrumbs and mix well. Divide the mixture into 12 portions. Shape it into cutlets and shallow fry in a pan with remaining 1 tsp oil.
5. Serve hot with mint chutney.

Nutrition

Carbohydrates	23.71 g
Energy	191.29 kcal
Fats	5.66 g
Protein	10.79 g

30 Minutes

6 Servings