

Soya Pav Bhaji Recipe (Diabetic Friendly)

Ingredients

- Sachet MAGGI Masala-ae-Magic (6 Grams)
- gms Mixed Vegetables (Potato, Cauliflower, Carrot, Beans, Capsicum)
- gms Peas (Shelled)
- gms Soya Flour
- Cups Water
- Teaspoons Oil
- Onion
- Teaspoons Ginger-Garlic Paste
- Tomato (Medium, Chopped)
- Green Chillies (Chopped)
- Teaspoon Turmeric Powder
- Teaspoons Red Chilli Powder
- Teaspoons Coriander Powder
- Teaspoon Cumin Powder
- Teaspoon Amchur Powder (Dry Mango Powder)
- Tablespoons Lime Juice
- Tablespoons Coriander Leaves (Chopped)
- Pinch Salt (To Taste)

Instruction

1. Boil the mixed vegetables along with peas and soya granules with 3 cups of water for 2-3 whistles. Keep aside.
2. Heat oil in a pan, add chopped onions and fry till they turn golden brown. Add ginger garlic paste and fry for 5 minutes. Add tomatoes, green chillies, turmeric powder, chilli powder, coriander powder, cumin powder, and fry for a minute till all the masalas are well combined.
3. Add the vegetables and soya mix with Maggi Masala ae Magic, salt to taste and mix well. Mash the vegetables with a spoon. Add the amchur powder and mix well.
4. Add remaining 1cup of water and simmer for 2-3 minutes to get a thick and even consistency. Remove from fire and add the lime juice and mix well.
5. Garnish with coriander leaves and serve hot with Pav

Nutrition

Carbohydrates	27.19 g
Energy	198.93 kcal
Fats	3.92 g
Protein	14.73 g

27 Minutes

4 Servings