



Soya Shammi Kebab Recipe (Diabetic Friendly)

Ingredients

- Sachet MAGGI Masala-ae-Magic (6 Grams)
- gms Chana Dal
- gms Soya Flour
- gms Onion
- Tablespoon Garlic (Chopped)
- Tablespoon Ginger (Cut Into Strips)
- Teaspoon Red Chilli Powder
- Teaspoon Pepper Powder
- Green Cardamom (Coarsely Crushed)
- Cinnamon (1 Inch Pieces, Crushed)
- 1/2 1/2 Teaspoon Garam Masala Powder
- Tablespoons Coriander Leaves (Chopped)
- 1/2 1/2 Cup Water
- 1/2 1/2 Tablespoons Oil

Instruction

1. Soak chana dal in water for 10 minutes. Strain. Soak soya granules in hot water for 10 minutes. Squeeze out the water.
2. In a pressure cooker put together soya granules, chana dal and rest of the ingredients (except oil). Add ½ cup of water and cook for 10 minutes.
3. Open the cooker and cook till all the water evaporates and the contents are dry.
4. When cool, grind in a blender to a fine paste and knead the mixture.
5. Divide the mixture into 8 equal portions and flatten each portion into round kebabs.
6. Shallow fry the kebabs on hot tava with 2 tbsp oil till golden brown on both sides.

Nutrition

Carbohydrates	17.52 g
Energy	194.48 kcal
Fats	6.6 g
Protein	16.3 g

40 Minutes

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