



Masala Soya Meat

Ingredients

- g Soya Meat
- tsp Coriander Powder
- tsp Garlic
- 1/2 1/2 tsp Chili powder
- 1/4 1/4 tsp Turmeric powder
- 1/2 1/2 tsp Cumin Seed
- tsp Roasted curry powder
- 1/4 1/4 tsp Salt
- 1/2 1/2 cup Curd
- tsp Oil
- g Sliced Onions
- Leafs Bay
- oz Cloves
- oz Cardamom
- Stick Cinnamon
- 1/4 1/4 tsp Chili powder
- 1/4 1/4 tsp Turmeric powder
- tsp Cumin Seed
- 1/4 1/4 tsp Coriander Powder
- tsp Salt
- 1/2 1/2 cups Tomato Puree
- tbsp MAGGI coconut milk powder
- g Coriander leaves

Instructions

1. Mix in the boiled soya meat and all the ingredients in a bowl
2. Add oil to a heated pan
3. Add onions, bay leaves, cloves, cardamom & cinnamon
4. Add 1 tsp chili powder, ¼ tsp turmeric powder, 1/4 tsp coriander powder, 1 tsp cumin powder, 1 tsp salt along with the soya meat and mix well
5. Add the tomato puree
6. Add 1 cup of thick MAGGI Coconut Milk Powder & allow to boil
7. Finally add chopped coriander & mix well

Nutrition

Carbohydrates	108.12 g
Energy	654.13 kcal
Fats	22.3 g
Fiber	44.83 g
Protein	37.4 g
Sodium	674.14 mg
Sugars	12.82 g

21 Minutes

2 Portions