



Protein 13.9g

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Ingredients	Protein Content
1 cup Aashirvaad Mini Soya Chunks Boiled	22.88 g
3 cups Broccoli	7.71 g
2 tbsp Oil	0 g
3 tbsp Refined flour	2.73 g
2 cups Room temperate milk	15.62 g
1/4 tbsp Garlic powder	0 g
1/3 tbsp Ground pepper	0 g
1/3 tbsp Italian seasoning	0.81 g
Pinch of nutmeg	0 g
2/3 cup Grated cheese	18.8 g
Pinch of nutmeg	0 g
2 tbsp Breadcrumbs	0.6 g

• Breakfast

Baked Au Gratin With Soya Chunks

Treat your kids to a tasty weekend delish with Baked Au Gratin with Soya Chunks! This delicious, internationally-inspired dish is perfect for family meals. Serve it hot, and it's sure to be a hit with everyone at the table!

04 Servings

40 Min

Veg

How To Prepare

01

Boil 1 cup soya chunks with a pinch of salt for 4-6 minutes.



02

Preheat the oven at 180°C for 10 minutes

03

Boil 3 cups of broccoli for 5 minutes, strain and let it cool

04

For the sauce, heat a pan and add 2 tbsp oil, 3 tbsp refined flour and roast till golden yellow. Slowly, add 2 cups of room temperature milk and whisk until there are no lumps for 2-3 minutes. Add salt to taste after the sauce thickens.

06

Add garlic powder, ground pepper, Italian seasoning, pinch of nutmeg and grated cheese to the sauce. Finally add the boiled soya chunks after mixing the cheese well with the sauce.

07

In a frying pan, add a little bit of butter and the breadcrumbs. Set it aside after it becomes golden brown.



08

Bake the dish at 180°C for 20 minutes. Wait before serving it warm!

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• Dinner

🕒 16 min cook



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