



• Breakfast

Soya Aloo Curry

Kickstart your day with high-protein, super-filling and easy-to-make breakfast: soya bhurji

04 Servings

40 Min

Veg

How To Prepare

01

Boil the soya chunks for 4-6 minutes in 2 cups of water with a pinch of salt. Once boiled, strain and set aside.



02

In a vessel, add the oil on medium flame. Once oil is hot, add cumin seeds, mustard seeds, curry leaves, chopped onion and saute till onion is golden brown.

03

Toss in the ginger-garlic paste, green chillies and mix till the raw smell fades. Add tomatoes and cook till it becomes soft.

04

Add in the masalas: Turmeric powder, red chilli powder, coriander powder, cumin powder, a pinch of salt and mix everything well.

03

Add the soaked potatoes in the masala and saute for 5 minutes. Then add the boiled soya chunks.



06

After mixing it well, pour in 1 ½ cup water. Cook it on low flame for 15 minutes with lid on.

07

Add in a pinch of garam masala, garnish with chopped coriander leaves and serve with rice or roti.

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Ingredients	Protein Content
1 cup Aashirvaad soya chunks	21.8 g
3 tsbp Oil	0 g
1 tsp Cumin seeds	0 g
1 tsp Mustard seeds	0 g
10-12 Curry leaves	0 g
1 Large onion (finely chopped)	1.65 g
1 tbsp Ginger-garlic paste	0 g
2 Green chillies (scored)	0.5 g
2 Medium tomatoes (finely chopped)	2.22 g
1/2 tsp Turmeric powder	0 g
2 Coriander powder	0 g
1 tsp Red chilli powder	0 g
1 Cumin powder	0 g
2 Medium potato (chopped and in water)	3.41 g
1 ½ cup Water	0 g
A pinch of garam masala	0 g
Chopped coriander leaves	0 g
Salt to taste	0 g

** These recipes are to be enjoyed as part of a diversified balanced diet **

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