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Ingredients	Protein Content
1/2 cup Aashirvaad soya chunks	11.44 g
2 Medium onions (finely chopped)	2.42 g
2 Medium tomatoes (roughly chopped)	2.22 g
1 tsp Cumin seeds	0 g
1 tsp Ginger garlic paste	0 g
2 Green chillies (scored)	0 g
½ tsp Turmeric powder	0 g
½ tsp Red chilli powder	0.5 g
2 tsp Coriander powder	0 g
2 tsp Cumin powder	0 g
2 tbsps Cashew paste	0 g
½ tsp Garam masala	0 g
Coriander leaves	0 g
Salt to taste	0 g

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

• Breakfast

Soya Chunks 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 in 2 cups of water, add in some salt and leave it for 4-6 minutes. Strain them and leave aside.



02

In a vessel on medium heat, drizzle a teaspoon of oil, and add in the cumin seeds. Add the onions when the seeds start to pop. Fry till golden brown. Mix in the ginger-garlic paste, green chillies and tomatoes. Saute for 2-3 minutes or till the oil separates.

05

Add in the masalas: Turmeric powder, red chilli powder, coriander powder and cumin powder. Cook this for 2 minutes before adding salt and cashew paste. Further cook it for 2-3 minutes.

04

Add in the boiled soya chunks when the masala is just right and blend with the masala.

03

Pour a cup of water and simmer for 10-15 minutes on low flame. Sprinkle garam masala and chopped coriander leaves.



06

Serve with rice or roti.

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• Dinner

16 min cook



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Mini Soya Chunks

Almonds, Mustard, Masala

Net Wt: 200 g