



• Snacks

# Soya Frankie

This delicious soya Frankie is a healthy and nutritious snack that perfectly satisfies your street food cravings. Made with simple, everyday ingredients, it's quick and easy to prepare, making it a perfect treat to enjoy in minutes!

04 Servings

40 Min

Veg

## How To Prepare

### 01

Boil the Aashirvaad Mini Soya Chunks and set it aside to cool. After cooling, mix the soya chunks with the mentioned ingredients and let it marinate for 30 minutes.



### 02

For the roll, you can make a tortilla/roti/paratha as per your wish.

### 03

While the roll is warm, add schezwan sauce if you want it to be spicy and layer it with tomato ketchup.



### 04

Add some of the diced toppings: onions, tomatoes, and green capsicum. Add the marinated mini soya chunks and add some vinegar.

### 06

Roll it up and soya frankie is all set!

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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 g
Pinch of nutmeg	0 g
2/3 cup Grated cheese	18.8 g
Butter	0 g
2 tbsp Breadcrumbs	0.6 g

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

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