



• Snacks

# Soya Kofta Curry

This mouthwatering soya kofta curry is a flavorful dish packed with protein and aromatic spices, it's a satisfying meal perfect with rice or naan.

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.

### 05

Roll it up and soya frankie is all set!

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| Ingredients                       | Protein Content |
|-----------------------------------|-----------------|
| For kofta balls                   |                 |
| 1 cup<br>Aashirvaad Soya Chunks   | 21.8 g          |
| 2<br>Potatoes (boiled)            | 6.8 g           |
| 1 ½ cup<br>Paneer (grated)        | 28.3 g          |
| 1 inch<br>Ginger (diced)          | 0 g             |
| 2-3<br>Green chillies (chopped)   | 0.5 g           |
| 1 tsp<br>Coriander powder         | 0 g             |
| 1 tsp<br>Cumin powder             | 0 g             |
| 1 tsp<br>Cumin powder             | 0 g             |
| ½ tsp<br>Red chilli powder        | 0 g             |
| ½ tsp<br>Garam Masala             | 0 g             |
| Salt to taste                     | 0 g             |
| Chopped<br>Coriander leaves       | 0 g             |
| 2-3 tsp<br>Corn Flour             | 0 g             |
| For the Batter                    |                 |
| 1 tbsp<br>Oil                     | 0 g             |
| 1 tbsp<br>Cumin Seed              | 0 g             |
| 1<br>Bay Leaf                     | 0               |
| 2<br>Medium onions(chopped)       | 2.42 g          |
| 1 cup<br>Ginger garlic paste      | 2.42 g          |
| 2<br>Green chillies (cut in half) | 2.42 g          |
| 3<br>Medium tomatoes (pureed)     | 2.42 g          |
| 1 tbsp<br>Turmeric powder         | 2.42 g          |
| 1 tsp<br>Red Chilli powder        | 2.42 g          |
| 2 tsp<br>Corriander powder        | 2.42 g          |
| 1 tbsp<br>Cumin powder            | 2.42 g          |
| 1 tbsp<br>Garam masala            | 2.42 g          |
| 1 1/2 cup<br>Water                | 2.42 g          |
| Kasturi methi                     | 2.42 g          |
| 2<br>Medium onions(chopped)       | 2.42 g          |

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

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