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• Breakfast

Soya Matar

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 2:1 ratio, 2 cups water, 1 cup soya chunks. Once boiled, remove from water.



02

Heat a pan in medium flame, add oil to heat. Add in mustard seeds, cumin seeds, curry leaves. Once the seeds start to pop, add the chopped onions and saute till golden brown.

03

Mix in the ginger-garlic paste until the raw smell fades, along with green chillies and chopped tomatoes. Saute the mixture till the oil separates.

04

Add the masalas to the pan: Turmeric powder, red chilli powder, coriander powder and cumin powder. After mixing the masalas, combine the peas, soya chunks and grated coconut to the mixture.



05

To top if off, add the garam masala and salt. Saute for another minute. Serve with chapathi or roti.

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Ingredients	Protein Content
1 cup Aashirvaad Mini Soya Chunks Boiled	22.88 g
1 tsp Oil	0 g
1 tsp Mustard seeds	0 g
1 tsp Cumin seeds	0 g
10-12 Curry leaves	0 g
1 Large onion (Chopped)	1.65 g
2 Green chilli (scored)	0.5 g
2 Medium tomatoes (chopped)	2.22 g
½ tsp Turmeric powder	0 g
1 tsp Red chilli powder	0 g
2 tsp Coriander powder	0 g
1 tsp Cumin powder	0 g
1 cup Peas	10.44 g
1/4 cup Grated coconut	0.9 g
1 tsp Garam masala	0 g
Salt to taste	0 g

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

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