



Protein 5.0g

• Breakfast

# Soya Pulao

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

Take a cup of rice, wash and soak it in water for 25-30 minutes.

### 03

Have a pressure cooker on medium flame, add ghee and cumin seeds. Once the seeds start to pop, add the bay leaf, cinnamon stick, cloves and cardamom. Add the onion and stri till golden brown.



### 04

To this mixture, add the ginger-garlic paste, green chillies, roughly chopped tomato and saute till the oil separates. Add in red chilli powder, turmeric powder, garam masala and salt to taste.

### 05

Add in the chopped vegetables and stir well on low flame. Add the soya chunks and soaked rice. Mix well with the vegetables and masala.



### 06

Add 2 cups of water and cook on high flame for 2 whistles and reduce to low flame for 5 minutes.

### 07

Garnish with chopped coriander leaves and serve.

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Ingredients	Protein Content
1/2 cup Aashirvaad soya chunks	11.44 g
1 cup Rice	4.24 g
2 tbsp Ghee	0 g
1 tsp Cumin seeds	0 g
1 Bay leaf	0 g
1 inch Cinnamon stick	0 g
4 Cloves	0 g
2 Cardamom	0 g
1 Medium onion (roughly chopped)	0.77 g
1 tbsp Ginger-garlic paste	0 g
2 Green chillies (scored)	0.5 g
1 Medium tomato (roughly chopped)	1.11 g
1 tsp Red chilli powder	0 g
1/2 tsp Turmeric powder	0 g
1 tsp Garam masala	0 g
Salt to taste	0 g
2 Carrots (chopped)	1.2 g
1/2 cup Peas	4.1 g
1/2 cup Beans	1.77 g
2 cup Water	0 g
Salt to taste	0 g

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

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