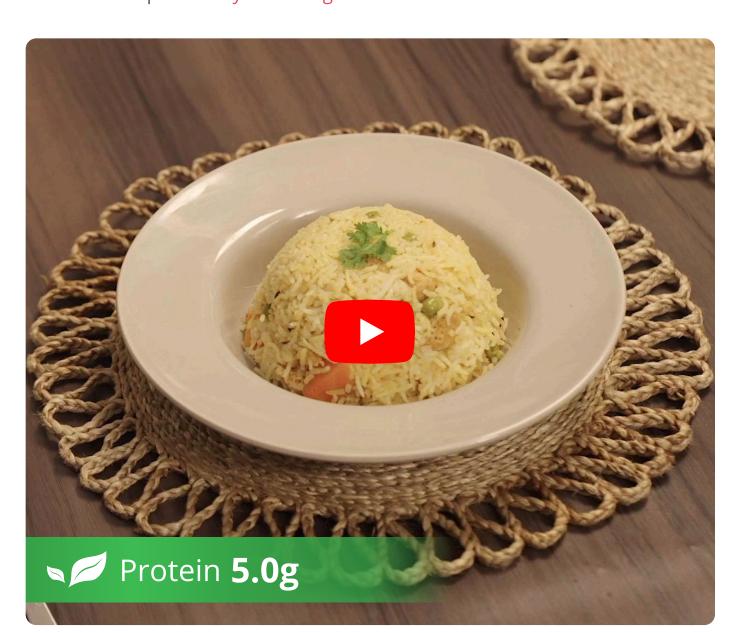
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**Ingredients** 

**Protein Content** 

• Breakfast

# Soya Pulao

Kickstart your day with high-protein, super-filling and easy-tomake breakfast: soya bhurji



### **How To Prepare**

Boil the soya chunks for 4-6 minutes in 2 cups of water with a pinch of salt. Once boiled, strain and set aside.

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

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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 seperatres. Add in red chilli powder, turmeric powder, garam masala and salt to taste.

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

1.77 g

0 g

0 g

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

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

Garnish with chopped coriander leaves and serve.

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

# **Related Recipes**



1/2 cup

Beans

2 cup

Water

Salt to taste

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• Dinner Dinner Dinner U 16 min cook U 16 min cook 16 min cook



