



Protein 9.1g

• Breakfast

Soya Bhurji

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



04 Servings



40 Min



Veg

How To Prepare

01

Soak the soya chunks in 2 cups of hot water for 10 minutes. Strain and grind the soya chunks



02

In a vessel, add a little oil, when oil is hot enough add cumin, chopped onion, and when onion is golden brown add in ginger-garlic paste, green chillies and mix well till the raw smell fades. Add in the tomatoes and stir well.



03

Add in the masalas: turmeric powder, red chilli powder, coriander powder, garam masala, salt.



04

Blend in the soya chunks with the mixture and stir for 5-7 minutes.

05

Garnish with coriander leaves and a squeeze of lime. Serve with bread toast!

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Ingredients	Protein Content
1 cup Aashirvaad Mini Soya Chunks Boiled	22.88 g
1 tsp Oil	0 g
1 Cumin seeds	0 g
1 Large onion (chopped)	1.65 g
1 tbsp Ginger-garlic paste	0 g
2-3 Green chillies (chopped)	0.5 g
1/3 tbsp Medium tomatoes (chopped)	2.22 g
½ tsp Turmeric powder	0 g
½ tsp Red chilli powder	0 g
1 tsp Coriander seeds	0 g
½ tsp Garam Masala	0 g
Salt to taste	0 g
Coriander Leaves (Chopped)	0 g
1/2 Lemon Juice	0 g

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

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