

Home > Recipes > Royal Paddington Thai Salad



Protein 250g

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Ingredients	Protein Content
1 cup Aashirvaad Mini Soya Chunks Boiled	22.88 g
2 nos Tortilla	8.34 g
1 tbsp Oil	0 g
1 Small onion (Diced)	0.77 g
2-3 Cloves of garlic (Diced)	0 g
1/2 tbsp Capsicum	0.64 g
1/2 tbsp Bell pepper	0.18 g
1 cup BBQ sauce	2.3 g
Salt, pepper and paprika powder to taste	0 g
Bread	24. 8 g
Butter	0 g
Tomatoes	1.64 g
Lettuce	0 g
Cheese slices	14 g

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

• Breakfast

Soya Keema Sandwich

This delicious soya Frankie is a healthy and nutritious snack that perfectly satisfies your street food cravings. Made with simple, everyday ingredients, it's quick and easy to prepare, making it a perfect treat to enjoy in minutes!



04 Servings



40 Min



Veg

How To Prepare

01

Boil 1 cup soya chunks with a pinch of salt for 4-6 minutes. Strain and set it aside.



02

Set a frying pan with your stove on medium flame. Add oil, and diced onions and garlic when oil is hot. Saute till golden brown. Add in diced capsicum and bell pepper and saute for 2-3 minutes.

03

Add in the soya chunks and bbq sauce and mix well. Add salt, pepper and paprika powder for taste.



04

Spread a good amount of butter on bread and assemble the sandwich with a leaf of lettuce, soya chunks filling, strips of tomatoes, a cheese slice and another piece of bread.

05

Grill the sandwich to perfection and serve.

Related Recipes



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• Dinner

🕒 16 min cook



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