



Protein 37.0g

• Breakfast

Soya Nuggets

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 warm water for 10 minutes.

02

Boil the potatoes in a cooker medium flame.

03

Remove the soya chunks from water and blend it well in a blender with 3 slices of bread.

04

Peel the skin from the boiled potatoes and grate it.

05

In a blow, add the grated potatoes, soya chunks mixture with bread, 2 tablespoon grated cheese and mix it all well by hand. Add in the mixture, chilli flakes, coriander leaves, butter and salt.

01

Mix it all well and shape it into small nuggets.



07

For the batter, in a large bowl, mix the refined flour, pepper powder, salt. Add in some water to get a pourable consistency.

08

Coat the nuggets with the wet batter and then with bread crumbs.

07

Heat the oil in medium flame, and fry the nuggets once oil is heat enough. Take the nuggets out once they have a golden brown color.



10

Serve the soya nuggets when warm.



Ingredients	Protein Content
For the Nuggets	
2 ½ cups Aashirvaad Soya Chunks	54.5 g
2 Medium sized Potatoes	4.8 g
3 Bread slices	6.21 g
2 tbsp Grated cheese	4.2 g
1 tsp Chilli flakes	0 g
1 tsp Coriander leaves	0 g
1 tsp Butter	0 g
Salt to taste	0 g
For the Batter	
1 tbsp Refined flour	0.81 g
½ tsp Pepper powder	0 g
½ tsp Salt	0 g
1 Bowl Breadcrumbs	16 g

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

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