



Soya Keema (HV)

Serving: 1

Veg

Ingredients

- Ingredients for Soya Keema Recipe
- Soya granules $\frac{1}{4}$ cup
- Green peas 1 tbsp
- Skimmed milk $\frac{1}{2}$ cup
- Oil $\frac{1}{2}$ tsp
- Onions chopped 1 small
- Garlic chopped 2cloves
- Ginger grated $\frac{1}{2}$ inch
- Green chillies chopped 1
- Coriander and cumin powder $\frac{1}{2}$ teaspoon
- Red chilli powder $\frac{1}{4}$ teaspoon
- Fresh coriander leaves chopped 2 tablespoons
- Salt to taste
- Garam masala powder $\frac{1}{4}$ teaspoon
- Lemon juice $\frac{1}{2}$ tsp

Preparation Method

- Soak the soya granules in milk for an hour. Heat a pan, add oil and add onions. Sauté till lightly browned.
- Add garlic and cook for a minute. Add ginger, green chilli, coriander cumin powder, and red chilli powder and two tablespoons of water.
- Stir and cook for two minutes. Add peas and one-fourth cup of water and mix well. Cover and cook till peas are nearly done. Add soya granules along with the milk and cook till almost dry.
- Add coriander leaves, salt, garam masala powder and lemon juice and mix well. Serve hot.