



Nutritive Soya Burger

Serving: 1

Veg

Ingredients

- **For The Soya Tikkis:**
- - $\frac{1}{2}$ cup soya granules
- - $\frac{3}{4}$ cup grated carrot
- - $\frac{1}{4}$ cup crumbled low-fat paneer (cottage cheese)
- - $\frac{1}{4}$ cup finely chopped onions
- -1 tbsp whole wheat flour (gehun ka atta)
- -1 tsp garam masala
- - $\frac{1}{2}$ tsp garlic (lehsun) paste
- -1 tsp green chilli paste
- -2tbsp finely chopped mint leaves (phudina)
- -salt and freshly ground black pepper (kalimirsch) to taste
- - $\frac{1}{2}$ tsp oil for greasing and cooking
- **To Be Mixed Into A Vegetable Dressing:**
- - $\frac{1}{2}$ cup thick low-fat curds (dahi)
- -2 tbsp chopped spring onion greens
- - $\frac{1}{4}$ cup finely chopped capsicum (red, yellow and green)
- - $\frac{1}{2}$ tsp garlic (lehsun) paste
- -1 tsp dry red chilli flakes
- -salt to taste

Preparation Method

- **METHOD :**
- **FOR THE SOYA TIKKIS :**
- -Clean and wash the soya granules thoroughly.
- -Combine the soya granules and 1 cup of hot water in a deep bowl, mix well and keep aside to soak for 10 minutes. Drain and squeeze out all the water and discard it.
- -Combine all the ingredients, including the soya granules, in a deep bowl and mix well. shape portion into flat round tikki.
- -Heat a non-stick tava (griddle), grease it with $\frac{1}{4}$ tsp of oil and cook each tikki using oil on a medium flame, turn golden brown in colour from both the sides. Keep aside.
- **HOW TO PROCEED :**
- -Toast each whole wheat bread slice lightly on a tava (griddle) using butter.
- -Spread a portion of the dressing on each halve.
- -Place 1 lettuce leaf, 1 cutlet, 3 cucumber slices, 3 tomato slices and 1 onion slice. Cover with another slice and press
- -Serve immediately.

• OTHER INGREDIENTS :

- 3 whole wheat bread slices
- $\frac{1}{2}$ tsp butter for cooking
- 2 lettuce leaves
- Few cucumber slices
- Few tomato slices
- Few onion slices