



Mint Nugget Casserole

Serving: 1

Veg

Ingredients

- Serves 1
- 1/4 cup soya granules
- 2 tomatoes
- 1 tsp oil
- 1 tsp garlic paste
- 1 bay leaf (tej patta)
- 2 tsp whole wheat crumbs
- 1/2 cup milk
- 1 onion, finely chopped
- 2 tbsp fresh mint leaves
- Salt and pepper powder to taste

Preparation Method

- 1. Soak the soya granules in hot water for 15 minutes. Squeeze and keep aside.
- 2. Blanch the tomatoes in boiling water for 3 to 4 minutes, peel and finely chop the tomatoes. Keep aside.
- 3. Heat the oil in the kadhai on a medium flame, add garlic paste and bay leaf and stir for a minute.
- 4. Add the soya granules and stir fry for 3 to 4 minutes.
- 5. Add the bread crumbs and milk and stir well. Cook till milk boils.
- 6. Add onion, tomatoes and mint. Cook on slow flame for about 3 to 4 minutes. Add salt and pepper.
- 7. Serve hot with multi-grain bread or whole wheat soya bread.