



Soya Bhurji (HV)

Serving: 1

Veg

Ingredients

- Serves 1
- 1/2 tsp oil
- 2 tbsp finely chopped onion
- 1/2 tsp garlic paste
- 1/4 cup finely chopped tomatoes
- A pinch of turmeric powder (haldi)
- 1/4 tsp chilli powder
- 1/2 tsp garam masala
- Salt to taste
- 1/4 cup soya granules, soaked in hot water for 15 minutes
- 1/2 tsp lemon juice
- 1/2 tbsp. finely chopped coriander leaves

Preparation Method

1. Heat the oil in a non-stick kadhai on a medium flame, add the onions and saute till they turn light brown in colour. Add the garlic paste and saute for a while.
2. Add the tomatoes and 1 tablespoon of water and cook for 4 to 5 minutes, while stirring continuously.
3. Add the turmeric powder, chilli powder, garam masala and salt and mix well. Cook on medium flame for 3 to 4 minutes, while stirring continuously. Sprinkle a little water to prevent the masalas from burning.
4. Add the soya granules and lemon juice, mix well and cook for another 3 to 4 minutes.
5. Serve hot garnished with coriander leaves.