



Mint Nugget Casserole (OP I)

Serving: 1

Veg

Ingredients

- $\frac{1}{4}$ Cup nutri nugget granules (soya kheema)
- 1 Tomatoes
- 1 tsp oil
- 1 flakes garlic chopped
- 1 Bay leaf
- 1 tsp Wheat crumps
- $\frac{1}{4}$ cup milk
- $\frac{1}{2}$ onion chopped
- 7-8 fresh mint leaves
- $\frac{1}{4}$ tsp salt
- pinch pepper

Preparation Method

- Soak the nuggets in hot water for 15 minuts. squeezed and keep aside .
- Balance the tomatoes in boiling water for 3-4 minutes peel.
- Finely chopped the tomatos
- Heat oil in kadhai.
- Add garlic and bay leaf
- Stir for a minute.
- Add nuggets, stir fry for 4-5 minutes.
- Add $\frac{1}{2}$ tbsp crumps and milk
- cook till milk boil .
- Add onions ,tomato and mint .
- Cook on slow flame for about 4-5 minutes.
- add salt and pepper .
- Serve with roti .