



Soya Pattice

Serving: 1

Veg

Ingredients

- Soya granules 20 gms
- Sweet potato, boiled and grated 1 small
- Cumin seeds $\frac{1}{4}$ tsp
- Turmeric paste - $\frac{1}{4}$ tsp
- Coriander powder $\frac{1}{2}$ tsp
- Green chilli paste - as per taste
- Amchur powder $\frac{1}{4}$ tsp
- Fresh coriander leaves, finely chopped - 1 tbsp
- Salt - to taste
- Oil $\frac{1}{2}$ tsp

Preparation Method

- Soak soya granules for 15 minutes in sufficient water. Drain and squeeze out excess water with your hands.
- Heat $\frac{1}{2}$ tsp oil in a non-stick pan, add cumin seeds, turmeric powder, amchur powder, coriander powder and mix. Add soya granules, green chilli paste, salt and saute. Add coriander leaves and mix.
- Transfer the mixture onto a plate and set aside to cool.
- Heat sufficient oil in another non stick pan. Mash the sweet potato and put into a bowl, add salt and mix.
- Divide into 2 equal portions, shape into balls. Shape each ball into a katori, stuff with soya mixture, gather the edges and seal.
- Shallow fry in hot oil, turning sides, till golden brown on both sides.
- Drain on absorbent paper and serve hot.