



Methi soya sabji (HV)

Serving: 1

Veg

Ingredients

- - 2 tbsp (30 grams) soya granules
- - $\frac{1}{2}$ cup chopped methi leaves
- - 1 tsp oil
- - 1 tsp cumin seeds (jeera)
- - $\frac{1}{4}$ cup chopped onions
- - $\frac{1}{2}$ tsp green chilli paste
- - $\frac{1}{2}$ tsp turmeric powder (haldi)
- - $\frac{1}{2}$ tsp chilli powder
- - $\frac{1}{2}$ tsp garam masala
- - salt to taste

Preparation Method

- -Boil $\frac{1}{2}$ cup of water in a deep non-stick pan and switch off the flame.
- -Add the soya granules and keep aside for 5 minutes. Drain and squeeze out the excess water and keep aside.
- -Heat the oil in a non-stick kadhai and add the cumin seeds.
- -When the seeds crackle, add the onions and green chilli paste and sauté on a medium flame for 2 minutes.
- -Add the fenugreek leaves and soya granules and sauté on a medium flame for 1 to 2 minutes.
- -Add the turmeric powder, chilli powder, garam masala, salt and 1 tbsp of water, mix well and cook on a medium flame for 2 minutes, while stirring occasionally.
- -Mix well and cook on a medium flame for 1 more minute, while stirring occasionally.
- -Serve immediately.