**Soya Masala**

Prep time: 30 Min Cook time: 20 Min

**Ingredients:**

* 1 cup soya chunks
* 1 teaspoon turmeric powder (haldi)
* 1 teaspoon red chili powder
* 1 teaspoon coriander powder (dhania)
* 1 teaspoon cumin seeds (jeera)
* 1 teaspoon cumin powder (jeera powder)
* 1 teaspoon dried fenugreek leaves (kasuri methi)
* 1 teaspoon ginger-garlic paste
* ¾ cup curd (yogurt)
* 2 tablespoons oil
* A pinch of asafoetida (hing)
* 5 cloves garlic, finely chopped
* 1 onion, finely chopped
* 1 cup tomato puree
* ½ teaspoon garam masala
* 1 teaspoon low sodium salt
* 1 cup water
* 2 tablespoons chopped coriander leaves (for garnish)
* 1 tablespoon crushed kasuri methi (for garnish)

**Instructions:**

**Prepare the Soya Chunks:**

1. In a saucepan, add sufficient water and 1 teaspoon of salt. Once the water comes to a boil, add the soya chunks and boil for 5 minutes.
2. Drain the soya chunks, squeeze out excess water, and transfer them to a large bowl.

**Marinate the Soya:**

1. Add ½ teaspoon turmeric powder, ½ teaspoon red chili powder, ½ teaspoon coriander powder, ¼ teaspoon cumin powder, 1 teaspoon kasuri methi, 1 teaspoon ginger-garlic paste, and ¾ cup curd to the soya chunks.
2. Mix well and marinate for 20 minutes.

**Sauté Onions:**

1. In a large kadai or pan, heat 2 tablespoons of oil.
2. Add 1 teaspoon cumin seeds and a pinch of asafoetida. When it crackles, add the chopped garlic and onion.
3. Sauté until the onions turn golden brown.

**Add Spices:**

1. Lower the flame and add ½ teaspoon turmeric powder, ½ teaspoon red chili powder, ½ teaspoon coriander powder, ½ teaspoon cumin powder, ½ teaspoon garam masala, and 1 teaspoon salt.
2. Sauté until the spices become aromatic.
3. Add the tomato puree to the pan and sauté until the oil separates from the sides.

**Combine and Cook:**

1. Add the marinated soya to the pan and mix well. Sauté for a few more minutes. Then, add 1 cup of water and mix well.
2. Cover and simmer for 10 minutes or until the soya is cooked through.

**Garnish and Serve:**

1. Garnish with chopped coriander leaves and crushed kasuri methi.
2. Serve hot with roti or steamed rice.