



 **Saffola.**
Mealmaker™

Delicious Soya

—  **COOK BOOK**  —

For the love of Soya

A collection of Delicious Recipes that show our love for Soya

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About Saffola Mealmaker Soya Chunks

Saffola is a health care brand, which brings to you a range of everyday Heart Healthy Foods and Services that are easy, effective, enjoyable and easy to integrate into one's lifestyle. Saffola believes that health and taste are not at opposite ends of the spectrum, but in fact, go hand in hand.

Our recent introduction in the space of Soya Foods follows the same philosophy. We are glad to present Saffola Mealmaker Soya Chunks, which are made using a Super Soft Technology. This makes the soya chunks really tender, thereby allowing them to absorb all the flavours and make your soya dish juicier and tastier than any other regular soya chunk dish.

Saffola Mealmaker Soya Chunks is high in protein – 53%, high in fibre – 13% and low in fat (Nutritive value of Foods ICMR, JFST), which aids your family's nutritional requirements and adds great taste to everyday food. With Saffola Mealmaker Soya Chunks, every soya dish now will be super delicious. From Soya Popcorn to Soya Rajma, Soya Muttar and Soya Biryani, these dishes will meet the taste buds of all the members of your family. Now enjoy making nutritious soya recipes that taste great and are convenient to cook!



Cooking Instructions



1 cup of Saffola Mealmaker Soya Chunks gives 1½ cups of cooked Saffola Mealmaker Soya Chunks.



Take 1 cup of Saffola Mealmaker Soya Chunks and add 3 cups of water to it.



Add a pinch of salt as per your taste (avoid in case of a sweet dish) and cook the Saffola Mealmaker Soya Chunks for 3-4 minutes or till desired softness.



Drain the water and squeeze out the excess water. Saffola Mealmaker Soya Chunks are now ready for use in your favourite recipe.



Benefits of Soya Chunks



Tender, juicy, soft



Richest source of protein



Ready in 5 minutes





Foreword

Soya, a versatile ingredient, is one of the most popular and loved vegetarian foods in India. The new Saffola Mealmaker Soya Chunks not only enhances the flavour experience of soya chunks but also guarantees amazing softness with its Super Soft Technology. These super-soft soya chunks will be a complete game changer for soya lovers.

As we ride on the new normal, consumers' preferences towards plant-based protein choices for their nutritional needs has increased, and Saffola Mealmaker Soya Chunks provides one of the best vegetarian sources of protein. It offers 53 grams of protein and 13 per cent fibre, making the product not only one of the tastiest and softest in the category but also extremely healthy and nutritious.

In this cookbook, that covers a wide range of recipes across consumption occasions, soya as an ingredient has been incorporated in all the recipes, thereby, making it a daily delight. I feel honoured to be a part of this Soya Cookbook, which will not only help in fulfilling your nutritional needs but also explore innumerable tasty soya recipes.

With love,
Kunal Kapur





*Chef's
Special*





Soya Biryani



25 mins



4 persons



12g

Ingredients

- ½ cup Saffola Masala Soya Chunks, cooked (boiled and squeezed dry)
- 1 cup Rice, soaked for an hour and drained
- 2-3 tbsp Curd or Coconut milk
- 1 Onion, chopped lengthwise
- ½ cup Mint leaves
- ¼ cup Coriander leaves
- 1-2 Green chillies; 3 Garlic cloves
- 1-inch piece Ginger
- 1 tbsp Garam masala powder or Biryani masala powder (as required)
- Oil as required
- Salt to taste

Dry spices

- 1 Bay leaf; 2 Brown cardamoms
- 1 Star anise (chakra phool)
- 2 Green cardamoms
- 2 Cloves; 2 Cinnamon sticks
- 1 small strand of Mace (javitri)
- ¼ tbsp Cumin seeds
- 6-8 Black pepper corns

Method

- ♥ Heat oil in a cooker. Add bay leaf, 1 cinnamon stick, star anise, javitri, 1 green cardamom, followed by the onion. Sauté till onion turns golden brown.
- ♥ Add rice, salt, water. Let it cook for 10mins. The rice should be half cooked. Keep aside.
- ♥ Heat oil and fry the cooked Saffola Masala Soya Chunks till light golden brown. Remove and keep aside. Heat some more oil and add onion, garlic, green chilli, cloves, green cardamoms, brown cardamoms, cinnamon stick, coriander powder, red chilli powder, turmeric powder.
- ♥ Add soya chunks and fry for 2mins. Add salt.
- ♥ Add curd, mint leaves and fry for 2 more minutes till it becomes thick. Add the half-cooked rice and mix evenly. Sprinkle gram masala/ Biryani masala powder.
- ♥ Cook on slow flame with closed lid (steam cook).
- ♥ Saffola Soya Biryani is ready to serve with a gravy of choice or vegetable raita.





Soya Gravy Chaap



25 mins



4 persons

Ingredients

- 6 Saffola Soya Chaap sticks
- 1 tsp Red chilli powder
- ¼ tsp Turmeric powder
- ½ tsp Salt
- 2 tbsp Refined oil

Ingredients for Soya Chaap Gravy

- 1 Bay leaf
- 1 cup Onion, finely chopped
- 1 tsp Ginger-Garlic paste
- 1 cup Tomato paste
- 1 tsp Red chilli powder
- ½ tsp Turmeric powder
- 1 tsp Garam masala
- 2 Green chillies, sliced
- 1 tbsp Fresh coriander leaves, chopped
- 4 tbsp Mustard oil
- Salt to taste

Method

- ♥ Gently remove the sticks from Saffola Soya Chaaps by using a fork. Cut them into big chunks.
- ♥ Dress them in chilli powder, turmeric and salt. Mix well.
- ♥ Heat refined oil in a pan and saute soya chaap pieces till they are nicely roasted or light brown in colour. Set aside.

For Soya Chaap Gravy

- ♥ Heat mustard oil in a heavy-bottom pan. Add bay leaf followed by the chopped onion. Fry on low flame till it turns golden.
- ♥ Add the ginger-garlic paste and fry for about 2-3mins.
- ♥ Add the tomato paste, red chilli powder, turmeric powder and fry this masala over low heat till oil begins to leave from the sides of the pan.
- ♥ Now, add the roasted soya chaap pieces. Combine well and cook them covered for 10mins over low heat.
- ♥ Open the lid, add a cup of water, garam masala powder, green chilli and chopped coriander. Stir well and allow the gravy to simmer for another 10mins over low heat.
- ♥ Serve Soya Gravy Chaap with chapati, rice or lachha paratha.





*Kids'
Choice*





Soya Popcorn



15 mins



4 persons



44g

Ingredients

- 2 cups Saffola Masala Soya Chunks, cooked (boiled and squeezed dry)
- 2 tbsp Butter
- ½ tsp Chilli powder
- 1 tsp Sugar
- ½ cup Corn flour
- ½ cup All-purpose flour
- 1 tsp Black pepper powder
- 2 tbsp Ginger paste
- 1 tbsp Garlic paste
- Oil to fry
- Salt to taste

Method

- ♥ In a bowl mix butter, ginger, garlic, chilli powder and salt together.
- ♥ Marinate Saffola Masala Soya Chunks in this mix for 5-10mins.
- ♥ Add all-purpose flour, corn flour, black pepper powder and mix well.
- ♥ Add some more corn flour so that Saffola Masala Soya Chunks do not stick to each other.
- ♥ Heat oil in a pan and fry them until golden brown and crispy.
- ♥ Serve with tomato ketchup.





Soya Pizza



10 mins



2 persons



31g

Ingredients

6-8 tbsp Pizza sauce

For the pizza

1 cup Saffola Masala Soya Chunks, cooked
(boiled and squeezed dry)

3 Pizza bases

1 Onion, chopped

1 Capsicum, chopped

5-6 Olives

5-6 Jalapeños

6 tbsp Butter

Cheese, grated

Salt, black pepper powder, oregano, chilli
flakes to taste

Method

- ♥ Fry Saffola Masala Soya Chunks in 2 tbsp of oil. Keep aside.
- ♥ Spread butter on the pizza base.
- ♥ Spread pizza sauce evenly so that it covers all the sides.
- ♥ Add toppings - olives, jalapeños, chopped onions, cooked Saffola Masala Soya Chunks, capsicum.
- ♥ Add salt, black pepper powder, oregano to it and sprinkle grated cheese.
- ♥ Preheat oven at 140 degrees for 5mins.
- ♥ Bake pizza for 10 to 15mins at 140 degrees and serve hot.





Soya Tomato Pasta



15 mins



4 persons



23.5g

Ingredients

- 1 cup Saffola Soya Chunks, cooked (boiled and squeezed dry)
- 2 cups Pasta, boiled and drained
- ½ cup Onion, finely chopped
- 2 cloves of Garlic, finely chopped
- 2 tbsp Tomato puree
- 3 tbsp Tomatoes, grated
- 1 tsp Oregano, dried
- ½ tsp Basil, dried
- 1 tsp Red chilli flakes
- 3 tbsp Oil
- Salt and black pepper powder to taste

Method

- ♥ Heat the oil in a large pan over medium heat. Add the onion and cook until tender, then add garlic and cook for 1 min.
- ♥ Add the grated tomatoes, tomato puree, oregano, basil and red chilli flakes. Add salt and pepper to taste and bring sauce to a simmer. Cook until sauce thickens slightly.
- ♥ Add Saffola Soya Chunks and let the sauce simmer for a while. Cook for a few more minutes, stirring at intervals.
- ♥ Pour sauce on boiled pasta and serve hot with Garlic Bread. Enjoy!

(You can also mix pasta and the sauce together before serving)





Soya Momos



20 mins



2 persons



37g

Ingredients

For the momos

- 1 cup Saffola Soya Chunks, cooked (boiled and squeezed dry) and ground
- 2 cups Refined flour
- 2 Spring onion greens, finely chopped
- 1-inch piece Ginger, finely chopped
- 2 Green chillies, finely chopped
- 6 cloves of Garlic, finely chopped
- 2 tsp Soy sauce
- 2 tbsp Oil
- Salt to taste

For garlic-tomato dip

- 2 tbsp Tomato ketchup
- 6 cloves of Garlic, finely chopped
- Dash of oil

Method

For the filling

- ♥ Heat 1 tbsp of oil in a pan and lightly sauté chopped ginger, garlic, green chillies, spring onion greens and coarsely ground Saffola Soya Chunks.
- ♥ Add soy sauce and allow the mixture to cool.

For garlic-tomato dip

- ♥ Mix all ingredients listed under garlic-tomato dip in a bowl.

For the momos

- ♥ Take refined flour in a bowl. Add salt and 1 tbsp of oil. Mix well. Add sufficient water and knead into soft dough. Cover with a muslin cloth and let it rest for 10-15mins.
- ♥ Divide dough into 16 small portions. Shape each portion into balls and roll out thinly.
- ♥ Put 1 tsp of filling in middle. Bring all edges together to centre and make small tight pleats. Pinch and twist pleats to seal it.
- ♥ Steam the momos in a steamer for about 15-20mins.
- ♥ Serve hot with garlic-tomato dip.





Soya Instant Noodles



10 mins



4 persons



34g

Ingredients

- 1 cup Saffola Soya Chunks, cooked (boiled and squeezed dry)
- 2 pkts Instant noodles
- 1 big Onion, chopped
- ¼ cup Carrots, chopped
- 1 Tomato, chopped
- ¼ cup Peas, boiled
- ¼ cup Corn, boiled
- 2 pkts Instant noodles masala powder
- 1 tsp Oil
- Water as required

Method

- ♥ Heat oil in a pan. Add chopped onions and fry for few minutes. Add chopped tomatoes and fry until it becomes mushy.
- ♥ Then add carrot, peas, corn, Saffola Soya Chunks and fry for a few minutes. Add water.
- ♥ Bring water to boil, add instant noodles and masala powder. Mix well and let it cook for 2 to 3mins.
- ♥ Switch off the flame and serve hot.





Soya Lollypops



15 mins



4 persons



38g

Ingredients

- 1½ cups Saffola Soya Chunks, cooked (boiled and squeezed dry)
- 1 Potato, boiled
- ½ Capsicum, chopped
- 1 Onion, chopped
- A handful of Green peas, boiled
- 1 Green chilli, chopped
- ½ tsp Red chilli powder
- ¼ tsp Turmeric powder
- ½ tsp Garam masala powder
- A handful of Coriander leaves
- 3 tsp Peanuts, soaked for 3-4 hrs
- 1 tsp Chana dal, soaked for 2-3 hrs
- 1 tsp Oil
- Salt to taste

Method

- ♥ Grind the cooked Saffola Soya Chunks along with soaked peanuts and chana dal.
- ♥ Add boiled potatoes, cut veggies, green chilli, red chilli powder, turmeric powder, garam masala powder, coriander leaves and salt. Mash everything together.
- ♥ Make balls out of the dough and gently insert ice-cream sticks into them.
- ♥ Lightly coat with oil and air fry them at 180 degrees for 15-20mins.
- ♥ Take them out in a kitchen tissue.
- ♥ Serve hot with tomato sauce.





Morning Delights





Soya Poha



15 mins



4 persons



32g

Ingredients

- 1 cup Saffola Soya Chunks, cooked (boiled and squeezed dry)
- 2 cups Poha (washed, soaked and drained)
- 2 cups Mixed vegetables (carrots, beans), chopped
- 1 big Onion, chopped
- 1 Green chilli, chopped
- 1-inch piece Ginger, grated
- Few Curry leaves
- ½ tsp Mustard seeds
- 1 tsp Chana dal
- 1 tsp Split urad dal
- 1 tbsp Peanuts
- 2 Whole dried red chillies
- 1 tsp Cumin seeds
- 1 tsp Turmeric powder
- A pinch of Asafoetida (hing)
- ½ tsp Red chilli powder
- 2 tbsp Lime juice
- 2 tbsp Oil
- Salt to taste
- Few coriander leaves to garnish

Method

- ♥ Heat oil in a pan and splutter the mustard seeds, followed by chana dal, split urad dal, peanuts and whole dried red chillies.
- ♥ Roast on slow flame till brown, then add the cumin seeds, turmeric powder, hing, green chilli, ginger and curry leaves.
- ♥ Add the chopped onions and saute till it turns brown.
- ♥ Now add the vegetables, Saffola Soya Chunks, salt and red chilli powder. Mix well.
- ♥ Finally add the poha. Mix well and take off from the flame.
- ♥ Add the lime juice at the end. Mix well.
- ♥ Garnish with coriander leaves and serve.





Soya Vegetable Salad



10 mins



4 persons



43g

Ingredients

- 1 cups Saffola Soya Chunks, cooked (boiled and squeezed dry)
- ½ cups Assorted peppers, chopped
- ½ cup Sweet corn, boiled
- 4 Lettuce leaves
- 1 Onion, chopped
- 12 Button mushrooms
- 5-6 Cherry tomatoes
- 1 handful Green olives
- Black olives for garnishing
- 2 tbsp Oil

For toppings

- 5 tbsp Hung curd
- 2 tsp Cheese spread
- 2 tsp Mayonnaise
- 1 tsp Tomato ketchup
- 1 pinch White pepper powder
- Salt to taste

Method

- ♥ Heat oil in a moderately hot wok and stir fry Saffola Soya Chunks till they turn golden brown. Remove and keep aside.
- ♥ In the same wok, add onions and capsicums. Saute till slightly crunchy. Remove and keep aside.
- ♥ Heat the same wok over high flame and stir fry mushrooms for half a minute. Remove and keep aside.
- ♥ Let the cooked vegetables come to room temperature. Now take a bowl and mix all the vegetables along with the salad greens. Keep the bowl in the refrigerator for some time.
- ♥ Take another bowl and mix in all the ingredients of the toppings and chill in the refrigerator. The salad tastes even better when the dressing is chilled.
- ♥ Pour the dressing onto the salad just before serving and sprinkle some of the baked croutons. A healthy yet delicious salad is ready to eat!





Soya Rava Upma



15 mins



4 persons



24g

Ingredients

- ½ cup Saffola Soya Chunks, cooked (boiled and squeezed dry)
- 1 cup Roasted rava (semolina)
- 1 cup Mixed vegetables (beans, carrot), chopped
- 2 Green chillies, slit into two
- 1 medium-sized Onion, finely chopped
- Few Curry leaves
- 1-2 tbsp Coriander leaves, finely chopped
- ½ tsp Ginger paste
- ½ tsp Mustard seeds
- 1½ tsp Split urad dal
- 1 tsp Chana dal
- 1-2 Whole dried red chillies
- 1 tbsp Oil
- Salt to taste

Method

- ♥ Heat oil and crackle mustard seeds, followed by whole dried red chillies, urad dal and chana dal.
- ♥ When light brown, add onion, green chillies, curry leaves, ginger paste and vegetables.
- ♥ Fry and sprinkle 2 tbsp water and salt.
- ♥ Once the vegetables are cooked, add Saffola Soya Chunks and fry for 1min.
- ♥ Add roasted rava and stir well for 2mins.
- ♥ Add 3 cups of warm water and cook on medium flame till rava is cooked.
- ♥ Garnish with coriander leaves.
- ♥ Serve hot.





Soya Vermicelli



15 mins



4 persons



26g

Ingredients

- 1 cup Saffola Soya Chunks, cooked (boiled and squeezed dry)
- 1 cup Vermicelli (boiled)
- 2 Onions, sliced
- 1 Tomato, deseeded and sliced
- $\frac{1}{2}$ cup Green peas
- $\frac{1}{2}$ cup Mixed vegetables (beans, carrot)
- 1 tsp Ginger paste
- 1 tsp Garlic paste (optional)
- $\frac{1}{2}$ tsp Mustard seeds
- 1-2 Whole dried red chillies
- Few Curry leaves
- 2 Green chillies, sliced into two
- $\frac{1}{2}$ tsp Red chilli powder
- 1 tsp Tomato ketchup
- 1 tsp Chilli sauce
- 2 tbsp Oil
- Salt to taste
- Coriander leaves (chopped) for garnishing

Method

- ♥ Heat oil in a pan and crackle mustard seeds, whole dried red chillies and curry leaves. Add garlic paste and ginger paste and saute.
- ♥ Add green chillies, onions, green peas, carrots and beans. Saute.
- ♥ Add red chilli powder and cook for 1min.
- ♥ Add tomatoes and cook for 5min. Now add Saffola Soya Chunks and mix well. Add vermicelli. Mix and keep stirring for 2min so that everything comes together.
- ♥ Add salt to taste. Mix well and cook for 5min with the lid on.
- ♥ Remove lid and add chilli sauce and tomato ketchup. Mix well.
- ♥ Garnish with coriander leaves and serve hot.





Family Treats





Soya Aloo Posto



20 mins



4 persons



37g

Ingredients

- 2 cups Saffola Soya Chunks, cooked (boiled and squeezed dry)
- 3 Potatoes, cut into 1-inch cubes

For the paste

- 4 tbsp Poppy seeds (soaked and ground)
- ½ tsp Onion seeds
- ½ tsp Sugar
- 2 Green chillies, slit into two
- 1 tsp Ghee
- 2 tbsp Mustard oil
- Salt to taste

Method

- ♥ Heat mustard oil in a pan till it reaches smoking point.
- ♥ Cool the oil and heat it again on medium flame. Add onion seeds and stir fry briefly.
- ♥ Add potato pieces and cook on medium heat for 5mins, stirring frequently.
- ♥ Add poppy seeds paste. Stir and add half a cup of water.
- ♥ Cover and cook on low heat till the potatoes are almost done.
- ♥ Add cooked Saffola Soya Chunks. Stir for a minute.
- ♥ Remove the lid. Add salt, sugar, slit green chillies.
- ♥ Continue cooking for a minute more until potatoes are completely cooked.
- ♥ Add a dollop of ghee and serve hot.





Soya Sambhar



20 mins



4 persons



48g

Ingredients

- 1 cup Saffola Soya Chunks, cooked (boiled and squeezed dry)
- 8-10 Shallots (sambhar onions) or 2 big onions, chopped into big cubes
- Few Curry leaves
- 1 tbsp Tamarind paste
- Small piece Pumpkin, chopped into cubes
- 1 Carrot, cut into small cubes
- 4-5 French beans, cut into 1-inch pieces
- 1 cup Tuvar dal, cooked
- 1 tsp Mustard seeds
- 1 tsp Fenugreek seeds
- A pinch of Asafoetida (hing)
- 3 tbsp Sambhar masala powder
- 1 tsp Oil
- Salt to taste

Method

- ♥ Heat oil in a pan and crackle the mustard and fenugreek seeds.
- ♥ Add asafoetida and curry leaves along with the shallots or onions, and roast for a minute.
- ♥ Add chopped pumpkin, carrot, French beans and the soya chunks. Stir fry for 5mins.
- ♥ Add the tamarind paste with a glass of water.
- ♥ Allow this to cook for 10mins till the pumpkin and Saffola Soya Chunks become soft.
- ♥ Now add the cooked tuvar dal and sambhar masala powder. Dilute with water as required.
- ♥ Add salt according to taste and mix everything well together. Cook for 10-15 minutes on medium flame till right consistency is reached.
- ♥ Serve with idli/dosa or rice along with some pappad.





Soya Palak



20 mins



4 persons



23g

Ingredients

- 1 cup Saffola Soya Chunks, cooked (boiled and squeezed dry)
- 250 g Spinach (cleaned, washed and finely chopped)
- 1 medium-sized Onion, finely chopped
- 3 medium-sized Tomatoes, grated or ground
- 1-inch piece Ginger, finely chopped
- 3 Green chillies, chopped
- 1 tbsp Butter
- 1 tsp Kasuri methi
- ½ tsp Cumin seeds
- 1 tsp Coriander powder
- ¼ tsp Red chilli powder
- ¼ tsp Garam masala powder
- ½ (slice) Lemon
- 2 tbsp Oil
- Salt to taste

Method

- ♥ Heat 2 tbsp oil in a pan and splutter the cumin seeds. Add finely chopped onions and stir until translucent.
- ♥ Add tomato paste and ginger along with the green chillies. Add coriander and red chilli powders and fry till oil is released from the masala.
- ♥ Add kasuri methi and stir again.
- ♥ Add finely chopped spinach to the masala mixture and cook while stirring it.
- ♥ Add ¼ cup of water (if the consistency seems too thick), salt, garam masala powder and stir it well.
- ♥ Cook covered on low flame for 5mins and stir softly.
- ♥ Add Saffola Soya Chunks to the curry and cook for 5mins.
- ♥ Switch off the flame and squeeze half a lemon's juice to the curry and mix well.
- ♥ Saffola Soya Palak is ready to be served with chapati/paratha/naan.





Soya Masala Gravy



20 mins



2 persons



25g

Ingredients

- 2 cups Saffola Soya Chunks, cooked (boiled and squeezed)
- 1 tsp Cumin seeds
- 1 Bay leaf
- $\frac{1}{2}$ tsp Turmeric powder
- 1-inch piece Cinnamon stick
- 1 Onion, finely chopped
- 1 tsp Kashmiri chilli powder
- 1 tsp Coriander powder
- $\frac{1}{4}$ cup Curd, fresh
- 1 cup Water
- 1 tsp Kasuri methi, crushed
- $\frac{1}{4}$ tsp Garam masala powder
- 3 tsp Oil
- Salt to taste

For masala paste

- 1 Onion, thinly sliced
- 3 cloves of Garlic
- 1-inch piece Ginger
- 2 Tomatoes, finely chopped
- 8 Cashew nuts, whole
- 2 tsp Oil

Masala paste recipe

Heat oil in a *kadhai*. Add onion, ginger, garlic and saute well. Add tomatoes and cashew nuts and saute again. Once done, switch off the flame. Grind to a smooth paste once it cools down. Keep aside.

Method

- ♥ Heat oil in a large *kadhai* and splutter cumin seeds, bay leaf, cinnamon stick.
- ♥ Add onions and saute. Add chilli and turmeric powders.
- ♥ Now add prepared masala paste and saute.
- ♥ Add coriander powder, salt, curd and water.
- ♥ Now add the soya chunks and mix well. Cover the *kadhai* and let the gravy simmer for 10mins.
- ♥ Later add kasuri methi and garam masala powder.
- ♥ Finally, mix well and serve.





Soya Mushroom Sizzler



20 mins



2 persons



26g

Ingredients

- 1 cup Saffola Soya Chunks, cooked (boiled and squeezed dry)
- 2 tbsp Garlic, finely chopped
- ½ cup Onions, finely chopped
- 100 gms Mushrooms, cut into 4
- ¾ cup Beans, chopped
- Mixed herbs -- oregano, chilli flakes, parsley - as per taste
- 100 gms Butter
- Salt to taste

Method

- ♥ Heat butter in a pan and add chopped garlic. Saute for 3-4mins. Add chopped onion, mix well and saute but don't brown it.
- ♥ Add cut mushrooms and cooked soya chunks. Mix well and saute.
- ♥ Add oregano and salt.
- ♥ Add chopped beans and sauté for 5-7mins till it is cooked but remains crunchy.
- ♥ Sprinkle chilli flakes and parsley at the end. Switch off the gas flame.
- ♥ Serve hot.





Soya Vegetable Soup



20 mins



2 persons



18g

Ingredients

- 1 cup Saffola Soya Chunks, cooked (boiled and squeezed dry)
- 1 tbsp Ginger, grated
- 1 tbsp Garlic, finely chopped
- 2 tbsp Corn, boiled
- 2 tbsp Carrots, sliced
- 2 tbsp French beans, sliced
- 2 tbsp Spring onion greens, chopped fine
- 2 tbsp Corn flour paste
- 1 tbsp White vinegar
- Soy sauce to taste
- 3 cups Water
- 1 tbsp Oil
- Salt & black pepper to taste

Method

- ♥ Heat oil in a pan and add grated ginger, garlic, pre-boiled corn, carrots, French beans, spring onion greens along with the water and boil it.
- ♥ Add cooked Saffola Soya Chunks.
- ♥ Add spices – salt, black pepper powder, soy sauce and vinegar mix.
- ♥ Add corn flour slurry to get thick consistency of soup.
- ♥ Let it cook for 5mins. Serve hot.





Soya Jalfarezi



20 mins



4 persons



22g

Ingredients

1 cup Saffola Soya Chunks, cooked (boiled and squeezed dry)

2 medium-sized Onions, finely sliced

1 medium-sized Tomato, cut into pieces

2 medium-sized Capsicums, thinly sliced

Few cashew nuts

1 tbsp Garlic, chopped

1 tbsp Ginger, chopped

1 tsp Red chilli powder

½ tbsp Garam masala powder

½ tbsp Mustard seeds

¼ tsp Turmeric powder

2 tbsp Oil

Salt to taste

Onion-Tomato paste recipe

Heat oil in a *kadhai* and add half the sliced onion along with chopped ginger and garlic. Saute well. Add tomatoes and cashew nuts and saute again. Once done, switch off the flame. Grind to a smooth paste once it cools down and keep aside.

Method

- ♥ Heat a tbsp of oil again and crackle mustard seeds. Add the remaining half of the sliced onions and fry till golden brown.
- ♥ Add turmeric powder, capsicum and cook for 5mins.
- ♥ Add Saffola Soya Chunks and cook it for 5mins.
- ♥ Add the onion-tomato paste, red chilli powder, garam masala powder, salt and a little water. Mix and cook on low flame for 5mins.
- ♥ Serve hot with chapati/paratha/naan.





Soya Ghugni



20 mins



4 persons



53g

Ingredients

- 1 cup Saffola Soya Chunks, cooked (boiled and squeezed dry)
- 150 g Dried yellow peas (soaked overnight and boiled with salt and turmeric)
- 2 big Potatoes (boiled, peeled and cut into 4)
- 1 big Onion, roughly chopped
- 4 medium sized Tomatoes, ground
- 3-inch piece Ginger, chopped
- 10 small cloves of Garlic, chopped
- 2 Bay leaves
- 1 tsp each Turmeric powder; Red chilli powder
- 1 tsp each Cumin powder; Curry masala powder
- 2 tsp Coriander powder;
- 1 tsp Panch phoran
- $\frac{1}{3}$ tsp Asafoetida (hing)
- 2 Whole dried red chillies
- 4 tbsp Oil
- Salt to taste
- 2 tbsp Coriander leaves, finely chopped

Method

- ♥ Grind the onion, garlic, ginger, dried red chillies to a fine paste.
- ♥ Heat oil in a *kadhai* and splutter hing, panch phoran, bay leaves. Add the onion masala and saute on medium to low flame till oil separates from the cooked masala.
- ♥ Add turmeric powder, chilli powder, coriander powder, cumin powder, curry masala powder and the tomato paste. Mix and allow it to cook till the tomato paste dries up and oil separates from masala.
- ♥ Now add the boiled yellow peas, potato and Saffola Soya Chunks. Mix well with masala, cover and cook on low flame for 3mins. Bring down and garnish with green coriander leaves.
- ♥ Serve with steamed rice.





Soya Masala Sukha



20 mins



4 persons



38g

Ingredients

- 2 cups Saffola Masala Soya Chunks, cooked (boiled and squeezed dry)
- 1 tsp Cumin seeds
- 1 Onion, finely chopped
- 3 cloves of Garlic, finely chopped
- 1-inch piece Ginger, finely chopped
- 2 Large tomatoes, finely chopped
- ½ tsp Turmeric powder
- 1 tsp Kashmiri red chilli powder
- ½ tsp Coriander powder
- ½ tsp Cumin powder
- ½ tsp Dry mango (amchoor) powder
- 3 tsp Oil
- Salt to taste
- 2 tbsp Coriander leaves, finely chopped

Method

- ♥ Heat oil in *kadhai* and splutter cumin seeds. Add onion and saute till it turns brown.
- ♥ Add garlic, ginger and saute.
- ♥ Add tomatoes and saute till the tomatoes turn mushy. Add turmeric powder, chilli powder, coriander powder, cumin powder and dry mango powder.
- ♥ Saute well till oil is released from the masala.
- ♥ Add Saffola Masala Soya Chunks and required salt. Mix well, ensuring the spices are combined well.
- ♥ Cover and cook on simmer for 5mins so that soya absorbs the masala.
- ♥ Garnish with coriander leaves.
- ♥ Serve Saffola Masala Soya Sukha with chapati.





Soya Lemon Rice



20 mins



4 persons



31g

Ingredients

- 1 cup Saffola Masala Soya Chunks, cooked (boiled and squeezed dry)
- 3 cups Basmati rice, cooked/steamed
- 2 tbsp Lemon juice
- 1 tsp Mustard seeds
- 1 tsp Split urad dal
- 1 Green chilli, chopped
- 2 Whole dried red chillies
- Pinch of asafoetida (hing)
- Few curry leaves
- ½ tsp Turmeric powder
- 1 tbsp Cashew nut, roasted
- ¼ cup Peanuts (optional), roasted
- 2-3 tbsp Refined Oil
- Salt to taste

Method

- ♥ Heat oil and crackle the mustard seeds and brown the split urad dal.
- ♥ Add red chillies, chopped green chilli, curry leaves and cooked Saffola Masala Soya Chunks. Fry for 12-15secs.
- ♥ Add peanuts and cashew nuts and stir. Add asafoetida, turmeric powder, rice and fry for 2-3secs on low flame.
- ♥ Turn off flame. Add lemon juice and salt to the rice and mix well.
- ♥ Keep lemon rice covered for 4-5mins so that the flavours blend well.
- ♥ Serve with papad, coconut chutney and curd.





Soya Capsicum Sabzi



15 mins



4 persons



13g

Ingredients

- $\frac{3}{4}$ cup Saffola Masala Soya Chunks, cooked (boiled and squeezed dry)
- 2 tbsp Oil
- $\frac{1}{2}$ tsp Ginger-Garlic paste
- $\frac{1}{4}$ cup Onion, chopped lengthwise
- 2 medium-sized Tomatoes, ground
- $\frac{1}{4}$ cup Capsicum, chopped lengthwise
- 1 tbsp Tomato sauce (optional)
- $\frac{1}{2}$ tsp each Red chilli & Coriander powder
- 1 tbsp Coriander leaves, chopped
- Salt to taste

For the Marinade

- $\frac{1}{4}$ tsp each Red chilli & Coriander powder
- $\frac{1}{8}$ tsp Fennel seeds powder
- $\frac{1}{4}$ tsp Garam masala powder
- Salt to taste

To Crush

- 1 Green chilli, finely chopped
- 1 tsp Pepper corns
- $\frac{1}{2}$ tsp Fennel seeds

Method

- ♥ Marinate Saffola Masala Soya Chunks with red chilli powder, fennel seeds powder, salt, coriander powder and garam masala powder for at least 15mins.
- ♥ Heat a tsp of oil in a pan and lightly fry soya chunks for 5mins. Remove and set aside.
- ♥ In the same pan now add onion, capsicum and saute for 2mins and set aside.
- ♥ Heat oil in a separate pan and splutter the ingredients listed under 'to crush'.
- ♥ Add tomato paste and let it cook for few mins until raw smell leaves.
- ♥ Add ginger-garlic paste, garam masala, red chilli and coriander powder and cook for 5mins in low flame. Add salt to taste.
- ♥ Add little water and simmer. When the gravy becomes thick and saucy, add lightly fried Saffola Masala Soya Chunks.
- ♥ Then add sauteed onion, capsicum along with some tomato sauce.
- ♥ Give a quick mix, garnish with coriander leaves and switch off.





Soya Cauliflower Curry



15 mins



4 persons



22g

Ingredients

- 1 cup Saffola Masala Soya Chunks, cooked (boiled and squeezed dry)
- 1 small Onion
- 2-inch piece Ginger
- 4 cloves of Garlic
- 3 Tomatoes
- 1 cup Cauliflower florets
- 2 Green chillies, slit
- 1 tbsp Mustard oil
- Salt to taste
- Coriander leaves to garnish

Spice Mix

- 1 tbsp Curry powder
- 2 tsp Coriander powder
- ½ tsp Chilli powder
- ½ tsp Garam masala powder

Method

- ♥ Heat half the mustard oil in a pressure cooker and sauté cauliflower florets till brown spots appear and they look half cooked. Set aside.
- ♥ Make a puree of onion, ginger, garlic and tomatoes.
- ♥ Add rest of the mustard oil in the pressure cooker and allow it to smoke. Add the onion-tomato paste and cook till it turns brown. Add all spices (except garam masala powder), green chillies and salt. Mix well.
- ♥ Now add Saffola Masala Soya Chunks, mix well and add a cup of water or two cups for a thinner gravy. Pressure cook for 4min.
- ♥ After the pressure releases, add cauliflower florets and garam masala, and give the curry a good boil.
- ♥ Garnish with green coriander.
- ♥ Serve with hot rice or roti of choice.





Soya Peas Pulao



15 mins



4 persons



13g

Ingredients

- ½ cup Saffola Masala Soya Chunks, cooked (boiled and squeezed dry)
- 1 cup Basmati Rice (boiled)
- ¼ cup Peas, boiled
- 1 Onion, sliced; 1 Tomato, sliced
- 1 tsp Ginger-Garlic paste
- 1 tsp Red chilli & Turmeric powder
- ½ tsp Garam masala powder
- 2 tbsp Oil
- Salt to taste

Whole spices

- ½ tsp Fennel seeds
- 1 small stick Cinnamon
- 1 Bay leaf
- 2 Cloves

Method

- ♥ Add fennel seeds, cinnamon, cloves, bay leaf to heated oil and sauté for a second.
- ♥ Add the onions and sauté till pink.
- ♥ Add ginger-garlic paste, tomatoes and cook till the tomatoes are half cooked.
- ♥ Add Saffola Masala Soya Chunks, peas, red chilli powder, turmeric powder and toss well.
- ♥ Add boiled rice to the pan and mix gently to combine well.
- ♥ Add salt, garam masala powder and give it a stir to distribute evenly.
- ♥ Saffola Soya Chunks Peas Pulao is ready.
- ♥ Serve hot with any raita or gravy of your choice.





Soya do Pyaza



20 mins



4 persons



21g

Ingredients

- 1 cup Saffola Masala Soya Chunks, cooked (boiled and squeezed dry)
- 8-10 medium-sized Shallots
- 2 medium-sized Onions, cut into four pieces
- 1 tbsp Ginger, chopped
- 1 tbsp Garlic, chopped
- 1 tbsp Coriander powder
- ¼ tsp Turmeric powder
- ½ tsp Red chilli powder
- 2 tbsp Bhuna masala
- Fresh coriander leaves -- a few sprigs
- 2 tbsp Fresh cream
- 3 tbsp Oil
- Salt to taste

Method

- ♥ Heat 1 tbsp oil in a pan, add shallots, cover and cook. Remove and set aside when soft yet crunchy.
- ♥ Heat 2 more tbsp oil in the pan and saute the onion pieces. Add ginger and garlic and saute till lightly coloured.
- ♥ Add Saffola Masala Soya Chunks, coriander powder, turmeric powder, red chilli powder, salt and mix. Add bhuna masala and 2 tbsp water and mix. Add salt.
- ♥ Add chopped coriander leaves. Mix well, cover and cook for 3-4mins. Add cream and mix.
- ♥ Transfer into a serving dish. Put the shallots on top and serve hot.





Soya Rajma



35 mins



4 persons



43g

Ingredients

- 2 cups Saffola Masala Soya Chunks, cooked (boiled and squeezed dry)
- 1 cup Red kidney beans (rajma) (soaked overnight and boiled with salt)
- 4 cups Water
- 1 Bay leaf
- 1 tsp Cumin seeds
- 1 tbsp Coriander powder
- ½ tsp Turmeric powder
- Pinch of asafoetida (hing)
- 1 tsp Amchoor powder
- 1 tsp Black peppercorns, crushed
- 2 Green chillies, chopped
- 2 Onions, chopped
- 2 tbsp Ginger-Garlic paste
- 2 cups Tomato puree
- 1 tsp Kashmiri red chilli powder
- 1 tsp Garam masala powder
- 1 inch Ginger, cut into thin strips
- 3 tbsp Refined oil
- Salt to taste

Method

- ♥ Splutter cumin seeds in refined oil in a non-stick *kadhai*.
- ♥ Add bay leaf, asafoetida, then onions and sauté till it becomes golden brown.
- ♥ Add ginger-garlic paste, chopped green chilli and sauté until raw smell disappears.
- ♥ Add fresh tomato puree, sauté, and add red chilli powder, turmeric powder, pepper powder, coriander powder, amchoor powder, 1/2 tsp garam masala powder. Mix well.
- ♥ Add boiled red kidney beans along with the soya chunks, add salt and mix well.
- ♥ Add remaining water in which beans were boiled.
- ♥ Mash few beans into a paste to slightly thicken gravy and allow it to cook.
- ♥ Add remaining garam masala powder, ginger strips and mix well.
- ♥ Transfer into a serving bowl and serve hot.





Soya Kadhi



20 mins



4 persons



24g

Ingredients

- 1 cup Saffola Masala Soya Chunks, cooked (boiled and squeezed dry)
- ½ cup Sour curd
- 2 tbsp Besan (gram flour)
- 3 cups Water
- ½ tsp Turmeric powder
- 2-3 Whole Dried red chillies
- 1 tsp Fenugreek seeds
- 1 tsp Mustard seeds
- 1 tsp Chilli powder to garnish
- 1 tsp Ginger, grated
- ¼ tsp Asafoetida
- 2 tbsp Oil
- Salt to taste

Method

For the kadhi

- ♥ Whisk/blend together sour curd, besan, turmeric, salt and water.
- ♥ Heat oil in a pan and temper with fenugreek seeds, mustard seeds, 2-3 dried red chillies and asafoetida. Roast till brown.
- ♥ Add the curd-besan mix and bring it to a boil.
- ♥ Add the Saffola Soya Chunks and simmer on a medium flame.
- ♥ Stir it in intervals till it thickens to a desired consistency.
- ♥ Switch off the flame

Garnishing the kadhi

- ♥ Heat 1 tbsp oil in a small *tadka* pan. Add 1 tsp of red chilli powder. When hot, pour it on the kadhi.
- ♥ Serve with rice or chapati.





Soya Potato Curry



20 mins



4 persons



21g

Ingredients

- 1 cup Saffola Masala Soya Chunks, cooked (boiled and squeezed dry)
- 1 cup Onion, finely chopped
- 1 medium-sized Potato, Chopped
- 2 tsp Ginger-Garlic paste
- 1 cup Tomato, finely chopped
- 1 tsp Cumin seeds
- ¼ tsp Turmeric powder
- 1 tsp Chilli powder
- 2 tsp Coriander powder
- ½ tsp Cumin powder
- ¼ tsp Garam masala powder
- ¼ tsp Whole black peppercorns
- ½-inch piece Cinnamon
- 2 Cloves
- Coriander leaves, finely chopped for garnishing
- 2-3 tbsp Oil
- Salt to taste

Method

- ♥ Heat oil in a pressure cooker and splutter cumin seeds, whole black peppercorns, cinnamon and cloves.
- ♥ Add onions and saute until it turns golden brown.
- ♥ Add ginger-garlic paste and saute.
- ♥ Add chopped tomatoes and all the spices. Cook until oil is released from the sides.
- ♥ Add potatoes and soya chunks and give a good stir. Add a cup of water, mix well and pressure cook for 2 or 3 whistles. Once the pressure subsides, open the cooker and simmer for 5mins.
- ♥ Garnish with coriander leaves and serve hot with jeera pulao, steamed rice or chapati.





Soya Chana Masala Chaat



25 mins



4 persons



47g

Ingredients

- 1½ cups Saffola Masala Soya Chunks, cooked (boiled and squeezed dry)
- 1½ cups Chickpeas (soaked overnight, boiled and drained)
- 3 Bay leaves
- 1 tbsp Coriander seeds
- 1 tsp Cumin seeds
- 4 Green chillies, chopped
- 1 tbsp Dried pomegranate seeds (anardana)
- 1 tbsp Ginger, finely chopped
- 1 tbsp Garlic, finely chopped
- 1 medium-sized Onion, finely chopped
- 1 cup Tomato puree
- 1 tbsp Coriander powder
- 1 tsp Red chilli powder
- 2 tbsp Chana masala powder
- ½ tsp Turmeric powder
- ½ tsp Garam masala powder
- 2 cups Chickpea stock
- 12-16 Fresh coriander sprigs
- 1½ tsp Dried mango (amchoor) powder
- 2 tbsp Oil
- Salt to taste
- Coriander leaves, finely chopped for garnishing

Method

- ♥ Heat oil in a pan, add bay leaves and coriander seeds and sauté for half a minute.
- ♥ Add cumin seeds, pomegranate seeds, green chillies and sauté for a minute.
- ♥ Add ginger and garlic and sauté. Add onion and sauté for 4-5mins.
- ♥ Add tomato puree, coriander powder, red chilli powder, chana masala powder, turmeric powder, garam masala powder and salt. Mix well and cook for 3-4mins.
- ♥ Add chickpeas, soya chunks and chickpea stock. Mash the chickpeas a little and mix well. Cook for 4-5mins.
- ♥ Add finely chopped coriander sprigs. Mix well and bring to a boil. Add dried mango powder and mix well. Bring to a boil once again.
- ♥ Switch off heat, transfer the chaat to a serving plate and serve hot with carrot and beetroot salad.





Soya Muttar



15 mins



4 persons



15g

Ingredients

- $\frac{3}{4}$ cup Saffola Masala Soya Chunks, cooked (boiled and squeezed dry)
- $\frac{1}{4}$ cup Green peas
- $\frac{1}{4}$ cup Onion, chopped
- 2 Green chilli, chopped
- $1\frac{1}{2}$ tsp Garlic & ginger, chopped
- 1 pinch Asafoetida powder/Hing
- 1 pinch Turmeric powder
- $\frac{1}{2}$ tsp Cumin seeds
- 2 Dried red chillies
- 2 tsp Lemon juice
- Salt to taste
- $1\frac{1}{2}$ tbsp Oil

Method

- ♥ Heat oil in a pan and splutter mustard seeds, cumin seeds.
- ♥ Add asafoetida powder, turmeric powder, whole dried red chillies.
- ♥ Add chopped ginger, garlic, green chilli and onion and sauté.
- ♥ Add cooked Saffola Soya Chunks Soya Chunks. Sauté on slow flame for 5 mins.
- ♥ Add green peas and mix.
- ♥ Add salt, lemon.
- ♥ Garnish with ginger juliennes and coriander leaves.
- ♥ Serve hot.





Soya Vegetable Kolhapuri



20 mins



4 persons



27g

Ingredients

- $\frac{3}{4}$ cup Saffola Soya Chunks, cooked (boiled and squeezed dry)
- 1 Carrot, diced and boiled
- 6-8 florets Cauliflower, boiled
- 6 French beans, cut into half-inch pieces and boiled
- $\frac{1}{4}$ cup Green peas, boiled
- 2 tsp Ginger- Garlic paste
- 4 tbsp Oil
- $\frac{1}{2}$ Dry coconut (khopra), grated
- 8 Cloves
- 8-10 Black peppercorns
- 1 tsp Poppy seeds
- 1 tsp Coriander seeds
- 6 Whole dried red chillies
- 2 Onions & 2 Tomatoes (chopped)
- $1\frac{1}{2}$ tsp Red chilli powder
- 1 tsp Turmeric powder
- $\frac{1}{2}$ cup Fresh coriander leaves, chopped
- Salt to taste
- Kolhapuri garam masala

Method

- ♥ Heat 2 tbsp of oil in a pan and add cloves, grated dry coconut, coriander seeds, poppy seeds, red chillies, peppercorns and $\frac{2}{3}$ of chopped onions. Fry till the onion turns slightly brown.
- ♥ Grind it into a paste using water after it cools down. Set aside.
- ♥ Heat 2 tsp oil in another pan. Add the remaining onions. Sauté till brown and add ginger and garlic paste, cooked Saffola Soya Chunks. Sauté.
- ♥ Add tomatoes, red chilli powder, turmeric powder, masala paste and half a cup of water and cook for two minutes.
- ♥ Add the remaining vegetables, adjust salt and simmer for 4-5 minutes.
- ♥ Add Kolhapuri garam masala powder in the end and mix well. Garnish the dish with coriander leaves and serve hot.





Soya Navratna Korma



20 mins



4 persons



38g

Ingredients

- 1 cup Saffola Soya Chunks, cooked (boiled and squeezed dry)
- 2 Onions, grated
- 2 Tomatoes, chopped
- ½ cup Beans, chopped and parboiled
- ½ cup Carrots, chopped and parboiled
- ½ cup Cauliflower, chopped and parboiled
- ½ cup Peas, parboiled
- 4 cloves of Garlic, chopped
- ½ tsp Turmeric powder
- 1 tsp each Coriander & Cumin powder
- 2 tsp Chilli powder
- 1 tsp Garam masala powder
- ½ cup Curd
- 1 tsp Kasuri methi, crushed
- 1 tbsp Oil
- Salt to taste

Method

- ♥ Heat oil and fry grated onions and garlic for a few minutes till it turns translucent.
- ♥ Add chopped tomatoes and cook till it forms a thick masala.
- ♥ Add all dry masalas and curd. Fry for 1-2mins.
- ♥ Add parboiled vegetables and cooked Saffola Soya Chunks.
- ♥ Cook till gravy becomes thick.
- ♥ Add kasuri methi and serve hot.





Soya Marinara Sauce with Spaghetti



20 mins



4 persons



25g

Ingredients

For Soya balls

- ½ cup Saffola Soya Chunks (boiled and squeezed dry)
- 2 Spring onions, finely chopped
- 1½ tsp Garlic
- ½ tsp Ginger (chopped)
- 2 Green chillies, chopped
- ½ tsp Fresh mix herbs - basil, oregano, chilli flakes
- 1 tbsp Oil
- ¼ cup Cheese, shredded
- 3 tbsp or 2 slices of bread soaked in milk and squeezed
- Salt, Butter, pepper powder as per taste

For Marinara sauce

- 2 tbsp Oil
- 3 Tomatoes, parboiled, skinned & pureed
- ½ Onion & 1½ tsp Garlic (chopped)
- 1½ tsp Basil leaves; 1½ tsp Parsley
- 1½ tsp Oregano; 1½ tsp Chilli flakes
- ¼ cup Red dry wine (optional)
- 1 tbsp Parmesan cheese powder
- Salt, pepper to taste

Method

For Soya balls

- ♥ Coarsely grind Saffola Soya Chunks. Take out in a bowl, mix all other ingredients and form golf-size balls.
- ♥ Line them in a baking dish and bake for 15-20mins @ 180 degrees C. Alternatively, you can shallow fry the balls in a pan on slow heat until golden brown.
- ♥ Soya balls are ready.

For Marinara sauce

- ♥ Heat oil in a pan and add garlic. Sauté.
- ♥ Add chopped onions and sauté till the colour changes to pale golden.
- ♥ Add wine if desired. Add basil leaves, parsley, oregano, chilli flakes, pureed tomatoes and give it a boil.
- ♥ Adjust seasonings as desired. Add soya balls and let them be covered well with the sauce.
- ♥ Sprinkle parmesan cheese.
- ♥ Marinara sauce is ready to serve with spaghetti.





Shahi Soya Sabzi



15 mins



4 persons



38g

Ingredients

- 2 cups Saffola Masala Soya Chunks, cooked (boiled and squeezed dry)
- 1 large Onion, roughly chopped
- 2 medium-sized Tomatoes
- 1 Green chilli
- 2 cloves of Garlic
- 1-inch piece of Ginger
- 1/4 cup Cashew nuts, soaked in warm water and ground fine
- 1 tsp each of Turmeric and Red chilli powder
- 1/2 tsp Garam Masala powder
- 4 tbsp Oil
- Salt to taste
- 2 tbsp Coriander leaves for garnishing

Method

- ♥ Make a smooth paste of onion, tomato, ginger, garlic and green chilli.
- ♥ Heat oil in a *kadhai*, add the onion-tomato paste and fry over low heat till oil separates from the masala. Add the spices and fry for a minute.
- ♥ Add the cashew paste and cook the curry over low heat for 5-10mins. Add little water if the curry seems too thick.
- ♥ Add Saffola Masala Soya Chunks and salt. Stir well and simmer the curry on low heat for 5-10mins. Turn off the heat.
- ♥ Garnish Shahi Soya Curry with chopped coriander leaves and serve hot with Naan.





Quick Bites





Soya Afgani Chaap



25 mins



4 persons

Ingredients

- 4 Saffola Soya Chaaps
- ¼ cup Curd
- ¼ cup Cashew nut paste+milk cream
- 1 tsp Lemon juice
- 1 tsp Black pepper powder
- ½ tsp Red chilli powder
- ½ tsp Coriander powder
- ½ tsp Garam masala powder
- 1 Onion, cut in large pieces
- ½ cup Coloured peppers
- Salt to taste
- 1 tsp Chaat masala powder
- 2 tbsp Oil

Method

- ♥ Wash and dry all Saffola Soya Chaaps along with the sticks. Marinate them in a mix of curd, cashew paste, cream and lemon juice along with all the spices. Refrigerate for 1-2hrs.
- ♥ Now heat a thick bottomed pan or thick tava and add oil. Place Soya Chaap in it and cook in batches for a few minutes on each side. Roll it and cook covered for few minutes in between.
(It can also be cooked in an air fryer. Preheat the air fryer for 3-4mins and then cook for 6-7mins. Brush some oil and cook the chaaps at 200 degrees in grill mode.)
- ♥ Gently remove sticks and cut the chaaps into even, bite-sized pieces. Arrange them on skewers, interspersed with coloured peppers and onions.
- ♥ Sprinkle chaat masala on Afgani chaaps and serve with mint chutney and onion rings.





Soya Chaap Roll



15 mins



4 persons

Ingredients

- 4 Saffola Soya Chaap sticks
- 1 tsp Ginger-Garlic paste
- ½ tsp Black pepper powder
- ¼ tsp Garam masala powder
- ¼ tsp Red Chilli powder
- 1 tsp Tandoori masala
- 1 tbsp Butter
- Salt to taste
- Cream as required
- Green chutney
- 5 Roasted roomali rotis

Method

- ♥ Boil the Saffola Soya Chaaps for 7-8mins. Drain well.
- ♥ Add cream, red chilli powder, garam masala powder, salt, black pepper powder, ginger and garlic paste to the chaaps and let them marinate for at least 3-4 hours.
- ♥ Heat butter in a frying pan and fry the soya chaaps on both sides for 6-7mins.
- ♥ Gently remove sticks and add cream.
- ♥ Spread the roasted roomali roti, apply the green chutney, put the soy chaap, onion rings and fold it into a roll.
- ♥ Roast the roll again on a pan for 4-5mins, just before serving. Serve hot with green chutney and onion rings.





Stuffed Soya Chaap



15 mins



4 persons

Ingredients

- 4 Saffola Soya Chaap sticks
- 1 cup Paneer
- Salt to taste
- ½ tsp Garam masala powder
- 1 tsp Fresh coriander, chopped
- ½ tsp Amchoor powder
- 2-3 tsp Maida
- 2 tsp Corn flour
- 1 pinch Orange food colour
- 1 tsp Ginger-Garlic-Chilli paste
- Some water for making batter
- Oil for frying

Method

- ♥ Boil the Saffola Soya Chaaps for 7-8mins. Drain well, squeeze and cut them from one side. Keep aside.
- ♥ Make a batter with maida, corn flour, salt, orange food colour, ginger-garlic-chilli paste and some water. Mix well and keep aside.
- ♥ In a bowl, add grated paneer, garam masala powder, salt, coriander and mix it well. Take chaap, fill it with the paneer stuffing, cover it nicely and keep aside.
- ♥ Take the chaap in which paneer has been filled one by one and dip it into the maida and corn-flour batter and deep fry them first on high flame for few seconds and then on low flame so that it cooks properly. Now cut each into two pieces or have it like that only.
- ♥ Serve it with green chutney or sauce as per your choice.





Soya Tikka



20 mins



4 persons



24g

Ingredients

- 1 cup Saffola Masala Soya Chunks, cooked (boiled and squeezed dry)
- 3 medium-sized Onions
- 2 medium-sized Green capsicums
- 1 medium-sized each of Yellow & Red peppers
- $\frac{1}{2}$ tbsp Soya sauce & 2 tbsp Tomato sauce
- $\frac{3}{4}$ tbsp Ginger-Garlic paste
- 1 tbsp (heap full) All-purpose flour (maida)
- 1 tsp Chilli powder
- 1 tbsp Coriander powder
- 1 tsp Vinegar
- 2 tbsp Water
- Oil to fry
- Salt to taste

Method

Marinate and fry the Soya Chunks

- ♥ In a bowl, make a paste with half a tsp of red chilli powder, maida, garlic-ginger paste, salt and water.
- ♥ Marinade the soya chunks in this paste for 20mins.
- ♥ Heat enough oil in a thick bottomed pan and fry the marinated Saffola Masala Soya Chunks on a medium flame till it is brownish-red in colour. Keep aside.

Preparation of Gravy

- ♥ Heat 2 tsp of oil in a thick bottomed pan. Add sliced onions till light brown. Add capsicum and saute
- ♥ Add half tsp chilli powder, coriander powder, salt, soya sauce, vinegar and tomato sauce into it and mix properly.

Final Mix and Garnish

- ♥ Now add the previously prepared Soya Chunks and mix properly.
- ♥ Close the lid and let it cook for about 5mins on low flame.
- ♥ Once ready arrange them in skewers interspersed with coloured peppers and onion. Serve hot.





Soya 65



20 mins



4 persons



32g

Ingredients

- 2 cups Saffola Soya Chunks (boiled & squeezed dry)
- 1 tbsp Ginger-Garlic paste
- 1 tsp Red chilli powder
- 2 tsp Coriander powder
- ½ tsp Turmeric powder
- 1 tsp Cumin powder
- 2 tbsp Lemon juice
- 1 cup Curd
- 1 tbsp Corn flour
- ½ tsp Mustard seeds
- 3 Dried red chillies, diagonally chopped and de-seeded
- 2-3 Green chillies, slit
- ½ tsp Ginger, chopped
- 8-10 Curry leaves
- 1 tbsp Garlic, chopped
- 1½ tbsp Red chilli paste
- ¼ cup Spring onion greens, chopped
- Oil for deep frying
- Black pepper powder to taste
- Salt to taste

Method

- ♥ Marinate Saffola Soya Chunks with ginger-garlic paste, ½ teaspoon chilli powder, salt, 1 teaspoon coriander powder, ¼ teaspoon turmeric powder, cumin powder, black pepper powder and 1 tablespoon lemon juice. Mix well and set aside for 30mins.
- ♥ Heat sufficient oil in a *kadhai* and deep-fry the marinated Saffola Soya Chunks till golden brown and crisp. Drain on absorbent paper.
- ♥ Mix together curd, remaining chilli powder, remaining turmeric powder, remaining coriander powder, pepper powder, salt and cornflour in a bowl. Add ¼ cup water and mix well.
- ♥ Heat 2 tbsp oil in a non-stick pan. Splutter mustard seeds. Add red chillies, mix and sauté for 30secs.
- ♥ Add green chillies, ginger, curry leaves and garlic and mix well on high heat. Add chilli paste and mix well.
- ♥ Reduce heat, add yoghurt mixture, stir and cook for 5-10mins. Add fried Saffola Soya Chunks and spring onion greens, reserving some, and toss to mix. Add remaining lemon juice and mix well.
- ♥ Serve hot garnished with reserved spring onion greens.





Soya Kebabs



25 mins



4 persons



50g

Ingredients

- 1½ cups Saffola Masala Soya Chunks, cooked (boiled and squeezed dry)
- 2 tbsp Garlic paste
- 1 tbsp Ginger paste
- 1 tbsp Kashmiri chilli paste
- 1 tsp Garam masala powder
- 1 tsp Coriander powder
- 2 tbsp Curd
- ½ tsp Kasuri methi powder
- 1 tsp Chaat masala
- 1 tbsp Lemon juice
- 2 tbsp Cashew-nut paste
- 3 tbsp Mustard oil
- Salt to taste

Method

- ♥ In a bowl, add mustard oil, garlic paste, ginger paste, Kashmiri chilli paste, garam masala powder, coriander powder, curd, kasuri methi powder, chaat masala, salt, lemon juice, cashew-nut paste and mix well.
- ♥ Add cooked Saffola Masala Soya Chunks and keep it marinated for 30mins.
- ♥ Insert Saffola Masala Soya Chunks in satay sticks and grill.
- ♥ Serve hot with coriander chutney and ketchup.





Soya Chaap Tikka



15 mins



4 persons

Ingredients

- 6 Saffola Soya Chaap sticks
- ½ cup Curd
- ¼ cup Cream (malai)
- 1 tbsp Besan
- 1 tsp Ginger-Garlic paste
- 1 tsp Coriander powder
- ½ tsp Red chilli powder
- 1 tsp Garam masala powder
- ¼ tsp Turmeric powder
- 1 tsp Chaat Masala
- 2 tbsp Oil
- Salt to taste

Method

- ♥ Take curd, malai and besan in a bowl and add ginger-garlic paste, garam masala powder, coriander powder, chaat masala powder, salt, chilli powder, turmeric powder. Mix everything well and marinate Saffola Soya Chaaps in this mixture for 15mins.
- ♥ Heat oil in a non-stick pan over low heat and shallow fry the marinated chaaps .
- ♥ After few minutes flip and cook on other side. Flip the chaaps 2-3 times for even cooking.
- ♥ Gently remove the sticks and cut the chaaps into even pieces.
- ♥ Insert skewers and serve with green chutney and sliced onions.





Soya Samosa



30 mins



16/18 pcs



40g

Ingredients

- 1 cup Saffola Soya Chunks, cooked (boiled and squeezed dry) and ground
- ½ cup Green peas, parboiled
- 1 Onion, big - finely chopped
- 2 tsp Green chillies, chopped
- 1 tsp Ginger, grated
- 1 tsp Garam masala powder
- ½ tsp Roasted Cumin powder
- 1 tsp Coriander powder
- ½ tsp Red Chilli Powder
- 1½ tbsp Lemon juice
- 1 tbsp Coriander leaves, finely chopped
- 1 tbsp Oil
- Salt to taste

For the outer layer

- 1½ cups All-purpose flour
- 3 tbsp Ghee
- ¾ tsp Carom (Ajwain) seeds
- Salt to taste
- Oil for deep frying

Method

Preparing the dough

- ♥ Take all ingredients in a mixing bowl and make a firm dough by adding water little by little. Cover the dough and keep it aside for 20-30 mins.

Preparing the soy stuffing

- ♥ Heat a tablespoon of oil in a pan and add the grated ginger and finely chopped green chillies, finely chopped onions, turmeric, garam masala powder, cumin, coriander and red chilli powders and combine.
- ♥ Add the coarsely ground Saffola Soya Chunks, cooked peas and salt and mix well. Cover with a lid and let it cook for 5 minutes.
- ♥ Add the chopped coriander leaves and turn off the flame.
- ♥ Finally, add the lemon juice and mix well. Keep it aside to cool down.

Preparing & frying the samosas

- ♥ From the prepared dough, make 8-9 equal-sized balls.
- ♥ Roll each ball into a circle and cut it into 2 equal parts with a knife.
- ♥ Make a cone by joining the two edges and pressing them well.
- ♥ Stuff the cone with prepared soya stuffing.
- ♥ Close the cone and seal it well by applying a little water on the edges.
- ♥ Continue filling the rest of the samosas and cover them with a moist kitchen towel.
- ♥ Heat oil until hot and gently drop 3-4 samosas at a time. Reduce the flame to low.
- ♥ Turn over in between and fry the stuffed samosas till they become golden and crisp.
- ♥ Drain in paper towels and serve hot with ginger tea and mint-coriander chutney.





Soya Papdi Chaat



10 mins



4 persons



34g

Ingredients

- ½ cup Saffola Soya Chunks, cooked (boiled and squeezed dry)
- 1 cup Yoghurt/Curd
- 6 tsp Sweet tamarind chutney
- 2 tsp Chaat masala
- 1 tsp Sugar
- 6 tsp Green chutney
- 24 pieces Papdi
- 1½ tsp Cumin powder
- 1 tsp Red chilli powder
- Salt to taste
- 2 tsp Coriander leaves, finely chopped

For Toppings

- 3 Potatoes, boiled and chopped into cubes
- ½ cup Green moong sprouts
- 2 tbsp beetroot, thinly sliced

Method

- ♥ Add salt and sugar to the yoghurt and whisk until smooth so that the flavours get incorporated.
- ♥ Take a portion of yoghurt in a separate bowl and add squeezed Saffola Soya Chunks to it. Leave it to rest for 15 min.
- ♥ Arrange the papdis on a plate, add soaked soya chunks with some chopped potatoes on top.
- ♥ Top up with green and tamarind chutney as per your taste.
- ♥ Sprinkle chaat masala, cumin powder, red chilli powder and salt.
- ♥ Drizzle the yoghurt on top followed by any remaining chutneys.
- ♥ Garnish with coriander leaves, pomegranate, sev. Serve at once.





Soya Pakora



10 mins



2 persons



40g

Ingredients

- 1 cup Saffola Soya Chunks, cooked (boiled and squeezed dry)
- ½ tsp Garam masala powder
- ½ tsp Red chilli powder
- 4 tbsp Besan
- 2 tbsp Rice flour
- ½ tsp Ginger-Garlic paste
- ½ tsp Carom seeds (ajwain)
- 1 pinch Turmeric powder
- Water as required
- 2 tbsp Onion, finely chopped
- Oil for frying
- Salt to taste

Method

- ♥ Take all the dry ingredients in a bowl except Saffola Soya Chunks, water and oil.
- ♥ Dry mix it well.
- ♥ Add water in small quantity and make a thick paste.
- ♥ Add chopped onions, ginger-garlic paste and soya chunks into the thick paste and mix well.
- ♥ Drop small portions of the mixture into hot oil and deep fry until golden, stirring often.
- ♥ Drain them on a kitchen tissue.
- ♥ Serve hot with chutney, tomato ketchup and tea.





Everyday Chinese





Soya Manchurian Gravy



15 mins



4 persons



36g

Ingredients

For Saffola Soya crispies

1 cup Saffola Soya Chunks, cooked (boiled and squeezed dry)

1 tbsp Corn flour

½ cup Carrot, French beans, chopped

¼ cup Capsicum, chopped

4 tbsp Onion, shredded

1 tsp Garlic, finely chopped

½ tbsp Baking powder

1 tsp Chilli powder

1 tbsp Black pepper powder

2 tbsp Oil

Salt to taste

For the Sauce

2 tbsp Corn flour mixed with ½ cup water

2 tsp Soy sauce

1 tbsp Garlic, finely chopped

1 tbsp Green chillies, chopped

½ tsp Sugar

1 tbsp Vinegar

1 tsp Oil

Salt to taste

Method

- ♥ Make a thick paste of corn flour, salt, 1/2 tbsp black pepper powder, 1/2 tsp chilli powder, chopped garlic, baking powder with a little water. Add Saffola Soya Chunks to it and let it marinate for 15mins.
- ♥ Heat 1 tsp of oil and toss the marinated soya chunks until the coating turns transparent and crispy. Drain out and keep aside.
- ♥ Heat oil in a separate pan and fry chopped garlic, chillies for a minute. Add onion and fry till onion is transparent.
- ♥ Add capsicum and carrot and french beans fry for a minute. Add soy sauce, black pepper powder, chilli powder, sugar, vinegar, salt. Cook for few minutes.
- ♥ Dissolve corn flour in 1/4 cup water and add to above mixture.
- ♥ Boil it to make the sauce slightly thick.
- ♥ Once sauce is ready, pour it hot on Saffola Soya crispies.
- ♥ Serve with fried rice or Hakka noodles.





Soya Chinese Stir Fry



15 mins



4 persons



13g

Ingredients

- ½ cup Saffola Soya Chunks, cooked (boiled and squeezed dry)
- ½ cup Red/Yellow/Green bell peppers, cut into small cubes
- ½ tsp Garlic, chopped
- ½ tsp Ginger, chopped
- 1 Green chilli, chopped
- ½ tsp Celery, chopped
- 2 Fresh Spring onion greens, cut into 1 inch length and chopped onion bulbs
- Black pepper powder to taste
- 1 pinch of Aromat powder
- 1 tsp Vinegar
- 1 tsp Soya sauce
- 1 tsp Oyster mushroom sauce
- ¼ cup Vegetable stock/Plain water
- 1 tbsp Cornflour slurry
- 1 tbsp Oil
- Salt to taste

Method

- ♥ Take 1 tbsp of oil in a frying pan and add chopped garlic, ginger, green chilli, celery, onion bulbs one after the other and sauté until fragrant.
- ♥ Add cooked Saffola Soya Chunks and toss it in the pan, followed by assorted bell peppers.
- ♥ Add the sauces, vinegar and vegetable stock.
- ♥ Add seasonings like salt, pepper, aromat powder.
- ♥ Add cornflour slurry and give it a swirl.
- ♥ Garnish with fresh spring onion greens.
- ♥ Serve hot with a bowl of fragrant steamed rice or stewed noodles.





Soya Schezwan Noodles



20 mins



2 persons



42g

Ingredients

- 1 cup Saffola Soya Chunks, cooked (boiled and squeezed dry)
- 2 cups Noodles (boiled)
- ¼ cup Spring onion bulbs, chopped
- ½ tsp medium garlic cloves, finely choppe
- ¼ cup French beans, finely chopped
- ¼ cup Capsicum, finely chopped
- ¼ cup Carrot, finely chopped
- ½ cup Cabbage, finely chopped
- 1 tbsp or as required Schezwan sauce
- ½ tsp Black pepper powder
- 1 tsp White vinegar
- 2 tbsp Oil (for stir frying)
- Salt as required
- 1 - 1½ tbsp Spring onion greens for garnish

Method

- ♥ Heat oil in pan and lightly fry the Saffola Soya Chunks. Keep aside.
- ♥ Heat oil again and add the garlic. Saute.
- ♥ Add the finely chopped spring onion bulbs and stir fry on medium to high heat for 1min.
- ♥ Add the French beans. Keep stirring often on medium to high heat for about 3 to 4mins.
- ♥ Add the remaining veggies -- finely chopped carrots, capsicum and cabbage. Continue to stir fry until the edges begin to brown slightly. Now add the lightly fried soya chunks.
- ♥ Reduce the flame to medium and add Schezwan sauce, salt and black pepper.
- ♥ Add the cooked noodles in batches. Toss and mix until the Schezwan sauce coats the noodles evenly.
- ♥ Add vinegar and mix well. Adjust seasonings, schezwan sauce, black pepper powder and salt as per taste.
- ♥ Garnish with spring onion greens and serve hot.





Soya Mushroom in Hot Garlic Sauce



15 mins



4 persons



17g

Ingredients

- 1 cup Saffola Soya Chunks, cooked (boiled and squeezed dry)
- 1 cup Button mushrooms, sliced
- 2 tsp Garlic, finely chopped
- 1½ tsp Ginger, finely chopped
- 3 tbsp Spring onion bulbs, finely chopped
- 1 - 2 tsp Celery, finely chopped (optional)
- Soy sauce as per taste
- 2 tsp Red chilli sauce or paste
- ½ tsp Black pepper powder
- ²/₃ to ³/₄ cup Vegetable stock or water
- 1 tbsp Corn starch, dissolved in 2 tbsp water
- ½ tsp Vinegar
- 1 tsp Rice wine (optional)
- ½ tsp Sugar
- 2 tbsp Sesame oil
- Salt to taste
- 2-3 tbsp Spring onion greens, chopped

Method

- ♥ Heat sesame oil in a pan or wok. Add garlic and ginger, and saute for half a minute.
- ♥ Then add spring onion bulbs and saute for a minute.
- ♥ Now add crushed black pepper powder.
- ♥ Add white button mushrooms and saute on a medium flame till the water from the mushroom dries up and the mushrooms are cooked well.
- ♥ Add Saffola Soya Chunks, stir well.
- ♥ Then add soy sauce, red chilli sauce or paste. Mix well.
- ♥ Add vegetable stock or water and sugar. Stir well.
- ♥ Then add the corn starch paste and stir very well.
- ♥ Simmer on medium flame till the sauce thickens. Check and add salt.
- ♥ Switch off the flame and lastly add spring onion greens, vinegar and rice wine (optional).
- ♥ Give a quick stir and serve this spicy Soya Mushroom in Hot Garlic Sauce with fried rice.





Soya Hakka Noodles



15 mins



4 persons



41g

Ingredients

- 1 cup Saffola Soya Chunks, cooked (boiled and squeezed dry)
- 2 cups Noodles (boiled)
- 2 Spring onions, finely sliced
- 1 medium-sized Carrot, finely chopped in strips
- $\frac{1}{4}$ cup Cabbage, finely chopped
- $\frac{1}{4}$ cup Capsicum, finely chopped
- $\frac{1}{4}$ tsp White pepper powder
- 1 tbsp Soya sauce
- 3 tbsp Oil
- Salt to taste

Method

- ♥ Heat oil in a pan and fry Saffola Soya Chunks till light golden brown. Keep aside.
- ♥ Heat 2 tbsp oil in a non-stick wok. Add spring onion, carrot, capsicum, cabbage and toss.
- ♥ Add the prepared Saffola Soya Chunks to the vegetables.
- ♥ Mix noodles. Put it on a medium flame for a few mins.
- ♥ Add 1 tbsp oil, salt, soy sauce and toss on high heat.
- ♥ Garnish with fresh spring onion and serve.





Soya Honey Chilli



15 mins



4 persons



38g

Ingredients

- 2 cups Saffola Soya Chunks, cooked (boiled and squeezed dry)
- 2-3 tbsp Corn flour
- 2 tbsp Garlic, finely chopped
- 1 Onion, finely chopped
- 3 Green chillies, chopped
- ¼ cup Capsicum, chopped
- 1 tbsp Sriracha/Chilli sauce
- 1 tsp Soya sauce
- 1 tbsp Ketchup
- 1 tsp Vinegar
- ½ tsp Salt
- ½ tsp Black pepper powder
- 1 tsp Sugar
- Oil for deep frying
- 1 tbsp Oil
- few greens of Spring onion, chopped
- 2 tbsp Sesame seeds, roasted

Method

- ♥ Coat the Saffola Soya Chunks well with a tbsp of corn flour. Do a second coat with one more tbsp of corn flour.
- ♥ Heat the oil and deep fry the soya chunks in batches until they turn crisp.
- ♥ To make the sauce, heat oil in a pan and add the finely chopped garlic, green chilli, onion and capsicum. Saute well.
- ♥ Add red chilli sauce, tomato ketchup, soya sauce, vinegar and mix well.
- ♥ Add the salt, sugar, black pepper powder and mix well. Switch off the stove.
- ♥ Now add in the fried soya chunks and mix well. Make sure that the soya chunks are generously coated with the sauce.
- ♥ Finally, add the honey and mix well.
- ♥ Garnish with spring onion greens and roasted sesame seeds, and serve.





Soya Chinese Chilli



10 mins



2 persons



15g

Ingredients

- ½ cup Saffola Soya Chunks, cooked (boiled and squeezed dry)
- 2 tbsp Soy sauce
- 2 tbsp Corn flour/Corn starch
- 5-6 Green chillies, chopped
- 2 Fresh spring onions, chopped
- 1 tsp Garlic paste
- ½ tsp White pepper powder
- 1 tsp Sugar
- 2 cups Water
- 1 tbsp Oil
- Salt to taste

Method

- ♥ Marinate Saffola Soya Chunks in a mixture of soy sauce, corn flour and salt for about 10-15mins.
- ♥ Deep fry the marinated Saffola Soya Chunks till golden brown. Remove and keep aside.
- ♥ Heat oil in a pan and add garlic paste and green chillies. Cook for a few secs.
- ♥ Add 2 cups of water and bring it to a boil.
- ♥ Add sugar, pepper powder, salt, remaining 1 tbsp soy sauce.
- ♥ Add fried Saffola Soya Chunks to it.
- ♥ Dissolve remaining 1 tbsp corn flour in 1/2 cup of water and add to the curry, stirring constantly to avoid lumps.
- ♥ Cook for few mins and garnish with fresh spring onions.
- ♥ Serve Saffola Soya Chinese Chilli hot.





Soya Fried Rice



20 mins



4 persons



11g

Ingredients

- $\frac{1}{4}$ cup Saffola Soya Chunks, cooked (boiled and squeezed dry)
- $\frac{1}{8}$ cup French beans, chopped & boiled
- $\frac{1}{8}$ cup Carrot, chopped & boiled
- $\frac{1}{8}$ cup Cabbage, chopped & boiled
- $\frac{1}{2}$ a bunch Spring onion, chopped
- 1 cup Rice, boiled
- 1 tsp White pepper powder
- 1 tsp Soy sauce
- 1 tbsp Oil
- Salt to taste

Method

- ♥ Heat oil in a Chinese wok and add French beans, carrot, cauliflower, spring onion, cooked Saffola Soya Chunks and sauté.
- ♥ Add rice and toss properly.
- ♥ Add seasoning of white pepper, soy sauce, salt.
- ♥ Heat for few mins. Keep stirring in between.
- ♥ Serve hot.





Desserts





Soya Kheer



10 mins



2 persons



40g

Ingredients

- 1½ cups Saffola Soya Chunks, cooked (boiled and squeezed dry) and ground
- ½ tsp Cardamom powder
- ½ tsp Nutmeg powder
- 1 tbsp Wheat flour
- 4 tbsp Milk
- 3 cups Full cream milk
- 6 tbsp Sugar
- 1 tbsp Desi ghee
- ½ cup Nuts to garnish, chopped

Method

- ♥ Take ground Saffola Soya Chunks in a bowl, add cardamom and nutmeg powder and mix well. Keep this mixture aside for 10mins.
- ♥ Now heat desi ghee in a pan and cook the mixture well, but do not let it turn brown.
- ♥ Add milk and boil till granules are soft, add sugar to this and simmer for 5mins.
- ♥ Add wheat flour mixed with milk and boil for a few minutes till desired thickness is obtained.
- ♥ Now garnish with nuts and serve Saffola Soya Kheer.





Soya Modak



25 mins



4 persons



18g

Ingredients

For the ukad (rice flour)

1 cup Rice flour

2 cups Hot water

1 tsp Ghee/oil

Pinch of salt

For stuffing

½ cup Saffola Soya Chunks, cooked (boiled and squeezed dry) and ground

¼ cup Jaggery

½ tsp Cardamom powder

½ cup Assorted nuts

½ cup Grated coconut

Method

For the Ukad

- ♥ Mix rice flour well with salt and 2 cups of hot water.
- ♥ Add ghee to make it soft.
- ♥ Cover it for 10mins.

For the Stuffing

- ♥ Mix jaggery and ground Saffola Soya Chunks in a pan and cook it for 8-10mins.
- ♥ Add grated coconut, cardamom powder and nuts. Keep it aside.

For the Modak

- ♥ Take some ghee/oil in hand and knead ukad into soft dough.
- ♥ Split dough into equal-sized balls.
- ♥ Pat dough balls into small bowl-size shape. Stuff filling and make pleats around stuffing.
- ♥ Arrange all pleats at the centre of stuffing and seal edges.
- ♥ Heat a glass of water in idli cooker and place a steamer with the modaks on it and cover with a small *thali* or plate. Put a wet towel on it.
- ♥ Place modaks over towel, leaving enough space around each.
- ♥ Steam for 10mins over medium heat.
- ♥ Garnish with dollops of ghee and serve.



