



Delicious

# *Soya Bhurji* COOK BOOK

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Delicious Saffola Soya Bhurji Cook Book  
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## Cooking Instructions



Empty the contents of the pouch into a pan.



Take 150ml (approximately 1 teacup) of water in the empty pouch up to the indicated level and pour it into the pan.



Cook it on medium to high flame for 5 minutes or till desired consistency and texture. Keep stirring intermittently.



Mix well and serve hot. Add garnish if required.



## Foreword

The processed food market is crammed with varieties and tastes for all palates. But few pay attention to the health quotient along with taste. There are snacking foods which are simply meant for small hungers and there are those which make up for big meals as well. Yet, the void of healthy and tasteful, nutritious and yummy foods deludes us. The wait is over as Saffola Soya Bhurji, with a delectable magic masala flavour, hits the market.

The best thing about the Saffola Soya Bhurji is its ability to satisfy small and big hungers; its ability to fit into most meals; and its nutritious qualities. Saffola Soya Bhurji has the goodness of soya and real vegetables that strikes the ideal balance between taste and health. It contains double the amount of protein than any other snack of that quantity.

Saffola Soya Bhurji is a quick snack that can be cooked in five minutes. Just add a cup of water (150 ml) to the pack and wait for 5 minutes, your favourite magic masala flavour will take your soya taste experience to the next level. Snack time is now made enjoyable, filling, and healthful with Saffola Soya Bhurji. You can eat Saffola Soya Bhurji, as a standalone snack or use it in a variety of exciting snacks like wraps, cutlets, sandwiches, paratha etc., anytime during the day.

Now make your small hunger moments memorable with this quick, yummy and healthy snack in just 5 minutes. Find here, in this recipe book, Soya Bhurji recipes for your breakfast and brunch with friends, for the family feast, the leisurely afternoon chat over coffee and tea or when you find yourself craving for that late-night snack.

With love,  
Kunal Kapur



Chef's Choice





# Soya Bhurji loaded with Veggies



## Ingredients

Saffola Soya Bhurji packet – 1  
Capsicum, finely chopped – ½ cup  
Onion, finely chopped – 1 small  
Spring onions, chopped – ½ cup  
Carrot, grated – 1 medium  
Cabbage, grated – 100 gms  
Green chillies, finely chopped – 2  
Ginger paste – 1 tsp  
Coriander leaves, chopped – ½ cup  
Oil – ½ tbsp  
Salt – adjust according to taste  
Pepper powder – ¼ tsp

## Method

- ♥ Heat oil in a wok. Add ginger paste and sauté it. Add all the vegetables – capsicum, onion, cabbage, carrot and green chillies – and mix well.
- ♥ Add Saffola Soya Bhurji from the packet to the wok of vegetable. Adjust the salt and add pepper powder. Mix well.
- ♥ Add 150 ml water, stir well. Cook for about 5 minutes with closed lid or till you get the desired consistency.
- ♥ Garnish with coriander leaves and serve hot with bread slices.



15 mins



1 person



17g



# Soya Bhurji

## Aloo-Matar Curry



### Ingredients

Saffola Soya Bhurji packets – 2  
Potatoes, cut in cubes – 2  
Onions, finely chopped – 2 medium  
Tomatoes, pureed – 2-3 medium  
Green chilli – 1  
Mustard oil – 1-2 tbsp  
Cumin seeds (Jeera) – ½ tsp  
Bay leaf – 1  
Kashmiri mirch powder or sweet paprika – ½ tsp  
Coriander powder -- 1½ tsp  
Cumin powder – 1 tsp  
Ginger-garlic paste – 1-2 tbsp  
Salt – adjust according to taste

### Method

- ♥ Heat oil in a pan and add cumin seeds and bay leaf.
- ♥ Add the chopped onions, tomato puree, ginger-garlic paste and fry the mix.
- ♥ Once it dries up to half, add Kashmiri mirch powder, coriander powder, cumin powder, salt, chopped green chilies and cubed potatoes, and fry till it dries up.
- ♥ Empty Saffola Soya Bhurji packs in the spice mix and pour 300 ml (1½ cup) water to mix the spices up. Mix well.
- ♥ Put on the lid and let it simmer for 5-7 mins. Add the boiled peas. Once the potato cubes are cooked, check the gravy for its thickness. It should be semi dry and not runny. So, if there is extra moisture, turn the heat up a bit and stir-fry till it dries up completely.
- ♥ Garnish with finely chopped fresh coriander leaves and serve hot.



40 mins



4 persons



34g





# Recipes for Morning Energy



# Soya Bhurji Sandwich



## Ingredients

Saffola Soya Bhurji packets – 2  
Tomato, finely chopped – 1  
Green chilli, finely chopped – 1  
Butter – 1 tbsp  
Bread slices – 4  
Onion, finely chopped – 1  
Capsicum, finely chopped – 1  
Coriander leaves – 2 tbsp  
Green chutney – 1 tbsp

## Method

- ♥ Cook two packets of Saffola Soya Bhurji in 300 ml water for 5 minutes or till you get the desired result. Keep aside.
- ♥ In a mixing bowl, add chopped onion and green chilli, finely chopped tomato, capsicum, coriander leaves and any other veggies of your choice.
- ♥ Add cooked Saffola Soya Bhurji. Mix well. Your Saffola Soya Bhurji is ready to be stuffed in sandwiches.
- ♥ Spread butter on one slice of bread and mint chutney on another one. Now stuff the slices with Saffola Soya Bhurji to make a sandwich.
- ♥ Finally, grill the sandwiches and serve hot.



20 mins



2 persons



39g





# Soya Bhurji

## Cheela Wrap



### Ingredients

#### For Besan Cheela:

Besan (gram flour) – 1 cup  
Wheat flour – 2 tbsp  
Turmeric – ¼ tsp  
Kashmiri red chilli powder – ½ tsp  
Ajwain (carom seeds) – ¼ tsp  
Salt – ½ tsp  
Water – ¾ cup  
Oil for roasting

#### For stuffing:

Saffola Soya Bhurji – 2 packets  
Oil – 1 tsp  
Ginger paste – 1 tsp  
Carrot, finely chopped – ¼ cup  
Cabbage, finely chopped – ¼ cup  
Capsicum, finely chopped – ¼ cup  
Sweet corn, boiled – ¼ cup  
Beans, finely chopped – ¼ cup  
Tomato, finely chopped – ½  
Coriander, finely chopped – 2 tbsp  
Lemon Juice – 1 tbsp

### Method

#### For Besan Cheela

♥ Mix all the ingredients in a mixing bowl and make a medium-flow batter. Keep aside for 10 mins.

#### Stuffing

♥ Cook 2 packets of Saffola Soya Bhurji in 300 ml water for 5 minutes or till you get the desired result. Keep aside.  
♥ Heat 1 tbsp of oil in a pan and add ginger paste. Lightly sauté finely chopped carrot, cabbage, capsicum, sweet corn, beans, tomato. Mix well.  
♥ Now add cooked Saffola Soya Bhurji and lemon juice. Mix well. Keep aside.

#### Cooking Stuffed Cheela

♥ Pour ladleful of batter on a greased hot tawa and spread gently in a circular manner.  
♥ Drizzle a teaspoon of oil around the corners. Allow to cook on low to medium flame for a minute or until the bottom is cooked completely.  
♥ Now flip gently without breaking the cheela. Press gently, making sure the cheela is cooked from both sides.  
♥ Spread 2 tbsp of prepared Saffola Soya Bhurji stuffing on one half of the cheela. Don't overstuff.  
♥ Fold half and roast slightly crisp.  
♥ Enjoy Saffola Soya Bhurji Cheela Wrap with green chutney and tamarind chutney.



30 mins



4 persons



58g



# Soya Bhurji Katori



## Ingredients

Saffola Soya Bhurji packet – 1

Wheat flour – 1 cup

Eno (Fruit Salt) – ½ tsp

Curd – ½ cup

Water – 1-2 tbsp

Onion, finely chopped – 1 small

Tomato, finely chopped – 1 medium

Green chillies, finely chopped – 2

Coriander leaves, chopped – 1-2 tbsp

Oil – 2 tbsp

Cheese, shredded – 1 cube

Pizza sauce – 1-2 tbsp

## Method

- ♥ Cook Saffola Soya Bhurji in 150 ml water for 5 minutes or till you get the desired result. Keep aside.
- ♥ In a mixing bowl, take wheat flour, add Eno and curd, and knead into a soft dough. If needed add 1-2 tbsp water. Keep aside for 10 minutes.
- ♥ In another mixing bowl, add vegetables – onion, tomatoes, coriander leaves and green chillies - and mix well.
- ♥ Add cooked Saffola Soya Bhurji to the mixing bowl along with the tomato ketchup.
- ♥ Add shredded cheese. Mix well.
- ♥ Heat an appam maker and grease it with oil.
- ♥ Now, roll out the wheat dough into a large round-shaped, big chapati. The thickness of the chapati should be medium. Cut out smaller chapatis that will fit into the roundels of the appam maker.
- ♥ Start placing the round-shaped, small chapati on the appam maker roundels, separately.
- ♥ Add Saffola Soya Bhurji filling on it. Cook on a low-medium flame for about 10-12 mins.
- ♥ Your Saffola Soya Bhurji Katori is ready to serve hot.



35 mins



4 persons



36g





# Soya Bhurji Suji Rolls



## Ingredients

### For main layer:

Suji – 1 cup  
Curd – ½ cup  
Salt – ½ tsp  
Baking soda – ½ tsp

### For stuffing:

Saffola Soya Bhurji packet – 1  
Capsicum, finely chopped – ½  
Onion, finely chopped – 1 small  
Spring onions, chopped – ½ cup  
Carrot, grated – 1 medium  
Cabbage, grated – 5 tbsp  
Green chillies, finely chopped – 2  
Ginger paste – 1 teaspoon  
Coriander leaves, chopped – ½ cup  
Asafoetida - 1 pinch  
Mustard seeds – 1 tsp  
Oil – ½ tbsp  
Salt – adjust as per taste  
Pepper powder – 1 tsp

## Method

- ♥ First grind the suji to make fine rava. Add salt, baking soda and curd in it.
- ♥ Form a soft dough. No need to add water. Cover it and keep it aside for 10 minutes.
- ♥ Cook Saffola Soya Bhurji in 150 ml water for 5 minutes or till you get the desired result. Keep aside.
- ♥ Heat oil in a wok, add ginger paste, sauté it. Add capsicum, onion, cabbage, carrot, green chillies and mix everything well.
- ♥ Add Saffola Soya Bhurji to the wok of vegetables. Adjust the salt and add pepper powder. Saute it for no more than 2 minutes, else the vegetables will get overcooked. Keep aside.
- ♥ Divide the dough into two parts. Take 1 part and roll it out in a rectangular shape. Spread vegetables on it evenly. Then roll it by hand. Do the same with the other half.
- ♥ Now, steam both the rolls on a steamer for 20-25 minutes.
- ♥ Now heat a broad pan with the remaining oil. Add mustard seeds, asafoetida and kadipatta to it. Sprinkle some chopped coriander leaves. Gently sauté the rolls on the pan till light brown.
- ♥ Then cut them in roundels of equal size.
- ♥ The rolls are now ready to be served with green chutney and tomato ketchup.



45 mins



4 persons



35g





# Soya Bhurji Roti Roll



## Ingredients

Saffola Soya Bhurji packets – 2  
Sattu flour – 3 tbsp  
Wheat flour or all-purpose flour (maida)  
– 1 cup  
Tomato, finely chopped – 1  
Onion, finely chopped – 1 small  
Green chilli, finely chopped – 1  
Cooking oil – 1 tsp  
Mix of methi and coriander leaves,  
chopped – 1 handful

## Method

- ♥ Combine the flours, add a little water and knead into a soft dough. Keep it aside for 10 minutes.
- ♥ Heat oil in a pan over medium flame.
- ♥ Add the chopped onions, tomatoes, green chillies and sauté them for a minute. Remove from the pan and set aside.
- ♥ In the same pan, pour two packets of Saffola Soya Bhurji and 300 ml water. Keep stirring.
- ♥ Cover and cook for about 5 minutes.
- ♥ Once the Saffola Soya Bhurji is ready, sprinkle chopped methi and coriander leaves on top, cover and cook for a minute.
- ♥ Lastly, add the sautéed onion-tomato mixture. Mix well and set aside.
- ♥ Divide the dough into equal portions. Roll them into thin chapatis.
- ♥ Cook one by one on a tawa.
- ♥ Spread mayonnaise or butter on the cooked chapati. Place the prepared Saffola Soya Bhurji mixture on one side and roll the chapati tightly.
- ♥ Serve hot with mint or tomato-garlic chutney.



20 mins



2 persons



50g





Recipes for  
Tasteful Meals





# Soya Bhurji

## Pita Bread Pockets



### Ingredients

#### For Soya Bhurji

Saffola Soya Bhurji packets – 2  
Onion, finely chopped – 1 medium  
Tomato, finely chopped – 1 medium  
Green capsicum, finely chopped – 1 medium  
Green chilli, chopped – 1  
Red chilli paste – 1 tsp  
Ginger, finely chopped – 1 inch  
Garlic, finely chopped – 2 cloves  
Oil – 2 tsp  
Salt – adjust as per taste  
Fresh coriander leaves, chopped – 1 handful  
Water – 300 ml

#### For the Pita Pockets

Whole Wheat Pita Bread (4-5 inch) – 4  
Onions, sliced – 2  
Tomatoes, cut lengthwise – 2  
Chaat masala powder – 1 tsp  
Lemon/lime wedges to serve

### Method

- ♥ Heat oil in a pan. Add the onions and sauté for 2-3 minutes till light brown.
- ♥ Add the tomatoes and cook for 1-2 minutes till they become slightly soft.
- ♥ Once the tomatoes are soft, add the capsicum.
- ♥ Mix and cook for 1-2 minutes more till everything is sizzling. Pour 2 packets of Saffola Soya Bhurji and stir.
- ♥ Add 300 ml water and mix well till it combines with the masala. Cook on low-medium flame for about 5 minutes or till you get the desired texture.
- ♥ Sprinkle the chopped coriander leaves on the prepared Saffola Soya Bhurji, turn off the heat and set the Soya Bhurji aside till ready to assemble the pita pockets.

#### To assemble the Pita Pockets

- ♥ Warm the Pita breads in an oven/microwave or directly on a skillet. Open up the pockets and make room for the stuffing by gently slicing through them.
- ♥ In the cavity, place a few slices of onion, tomato and 1-2 sprigs of fresh coriander. Then, fill the pockets with Saffola Soya Bhurji, sprinkle chaat masala and serve with a wedge of lime/lemon.



25 mins



4 persons



43g





# Soya Bhurji

## Stuffed Potatos



### Ingredients

Saffola Soya Bhurji packets – 2  
Potatoes – 8 medium  
Mozzarella cheese, grated – ½ cup  
Garlic cloves, finely chopped – 2  
Onions, quartered – 2 medium  
Fresh parsley (leaves only) – 1 tsp  
Ginger, finely chopped – 1 tbsp  
Olive oil – 2 tbsp  
Tomatoes, de-seeded and finely chopped – 2 medium  
Soy sauce – 2 tbsp  
Roasted jeera powder – 1 tbsp  
Black pepper powder – 1 pinch  
Peanuts, roasted and crushed – ¼ cup

### Method

- ♥ Half boil the potatoes and keep aside to cool down.
- ♥ In the meantime, cook 2 packets of Saffola Soya Bhurji in 300 ml water for 5 minutes or till you get the desired result. Keep aside and let it cool down.
- ♥ In a mixing bowl, add chopped onions, ginger, garlic, parsley leaves and Saffola Soya Bhurji. Mix well.
- ♥ Add chopped tomatoes, soy sauce, black pepper and roasted jeera powder.
- ♥ Add roasted and crushed peanuts.
- ♥ Now, slice-off tops of potatoes and scoop out filling with the help of a teaspoon leaving 1 cm around edges. Do not peel the potatoes.
- ♥ Fill the prepared stuffing gently and top it up with grated cheese.
- ♥ Place in an air-fryer and cook for 10 mins at 200°C or till golden in colour.
- ♥ Garnish with coriander leaves. Serve hot.



90 mins



8 persons



51g



# Soya Bhurji With Pav



## Ingredients

Saffola Soya Bhurji packets – 2  
Onions, finely chopped – 2  
Tomatoes, blanched, peeled and finely chopped – 2  
Green cardamom pods – 4  
Black cardamom pod (badi elaichi) – 1  
Cloves – 3  
Cinnamon – 1 piece, 1-inch in size  
Bay leaf – 1  
Garlic paste – 1 tsp  
Ginger paste – 1 tsp  
Green chillies, deseeded and finely chopped – 2  
Roasted cumin powder – 1 tsp  
Coriander powder – 2 tsp  
Turmeric powder – ½ tsp  
Salt – adjust as per taste  
Butter, for toasting pav – 2 tbsp  
Pav – 6  
Lime, cut into wedges to garnish – 1  
Few leaves of coriander to garnish

## Method

- ♥ Heat oil in a wok on medium flame. Toss in green cardamoms, black cardamoms, cloves, cinnamon and bay leaf. Stir fry for about 2 minutes till aromatic.
- ♥ Add chopped onions and sauté till golden brown.
- ♥ Add garlic paste, ginger paste and green chillies. Stir well for about 2 minutes, then slide in the tomatoes. Stir occasionally, till the tomato softens and is cooked through, for about 7 minutes.
- ♥ Add turmeric powder, roasted cumin powder, coriander powder and mix well.
- ♥ Add 2 packs of Saffola Soya Bhurji into the gravy. Mix well.
- ♥ Add 300 ml water and cook for 5-6 minutes with closed lid. Adjust salt.
- ♥ Garnish Saffola Soya Bhurji with coriander leaves.
- ♥ Heat butter in a pan and roast pav till light brown.
- ♥ Serve hot pav with Saffola Soya Bhurji on the side and accompanied with a wedge of lime.
- ♥ Or, slice the pav in half, leaving one side attached. Fill liberally with Saffola Soya Bhurji and top it with a squeeze of lime juice. Serve immediately.



55 mins



4 persons



31g





# Soya Bhurji Palak



## Ingredients

Saffola Soya Bhurji packets – 2  
Spinach, chopped – 2 cups  
Onion, finely chopped – 1  
Tomato, finely chopped – 1  
Ginger-garlic paste – 1 tbsp  
Salt – adjust as per taste  
Red chilli powder – ½ tsp  
Amchoor powder – ½ tsp  
Roasted cumin powder – 1 tsp  
Green chillies – ½ tsp  
Ginger juliennes for garnishing

## Method

- ♥ Heat oil in a wok. Add chopped onion and fry till light golden
- ♥ Add ginger-garlic paste, green chillies, chopped tomatoes, cumin powder. Mix well till tomatoes become soft.
- ♥ Empty Saffola Soya Bhurji packs to the gravy. Mix well. Add 1½ cup (300 ml) water, cover and cook for about 5 minutes.
- ♥ Add chopped spinach leaves to the gravy and cook for another 5 minutes.
- ♥ Adjust the salt and add amchoor powder. Mix well.
- ♥ Cover and cook for another 2-3 minutes.
- ♥ Garnish it with ginger juliennes and serve hot with chapatis.



25 mins



4 persons



29g



# Soya Bhurji

## Mushroom Capsicum Gravy



### Ingredients

Saffola Soya Bhurji packets – 2  
Mushrooms, cut in half – 1 cup  
Onions, chopped – 2  
Tomato, chopped – 1  
Capsicum, chopped – 1 small  
Green chilli-garlic paste – 1 tbsp  
Kashmiri red chilli powder (for colour)  
– ½ tsp  
Coriander powder – 1 tsp  
Turmeric powder – ¼ tsp  
Salt – adjust as per taste  
Oil as required  
Water – 2 cups

### Method

- ♥ Heat oil in a pressure cooker.
- ♥ Add the chopped onions and sauté until the onions turn golden brown.
- ♥ Add the chilli-garlic paste and mix well.
- ♥ Add chopped tomatoes.
- ♥ Now add the Kashmiri red chilli powder, coriander powder, turmeric powder. Mix well and keep stirring till oil is released.
- ♥ Now add Saffola Soya Bhurji from the packets to the masala. Stir well.
- ♥ Add the mushrooms and 2 cups of water. Mix well.
- ♥ Close the pressure cooker and cook until 2 whistles.
- ♥ When done, keep stirring until oil is released.
- ♥ Add chopped capsicum and cook for 2-3 minutes.
- ♥ Mushroom Soya Bhurji Curry is done. You can add water according to your required consistency.
- ♥ Serve hot with chapatis or bhakri.



15 mins



4 persons



32g





# Soya Bhurji Karela



## Ingredients

Saffola Soya Bhurji packets – 2  
Bitter gourd (karela), cut, deseeded & soaked in salt water for 4-5 hrs – 2 medium  
Onion, finely chopped – 2 medium  
Tomatoes, pureed – 2  
Garlic cloves, finely chopped – 2-3  
Green chillies, chopped – 1-2  
Ginger-garlic paste – 1 tbsp  
Cumin seeds – 2 tsp  
Cumin powder – 1 tsp  
Coriander powder – 1 tsp  
Turmeric powder – ¼ tsp  
Black pepper powder – 1 tsp  
Yoghurt, beaten – ¼ cup  
Salt - adjust as per taste  
Oil – 3-4 tbsp  
Water – 1 glass  
Fresh coriander leaves for garnishing

## Method

- ♥ Drain water from soaked karela and wash well to remove extra salt.
- ♥ In a wok add water and blanch the karela. Keep aside.
- ♥ Heat oil in a pan, add half the cumin seeds and when they splutter, add the karela. Fry it well on low flame for 5-6 minutes or till they are half cooked. Keep aside.
- ♥ In another pan, heat the remaining oil and add the remaining cumin seeds and chopped garlic. When the garlic changes colour, add the onions and sauté till it turns soft.
- ♥ Mix ginger-garlic paste, chopped chillies, all the other spices. Stir well and sauté for 2-3 minutes. Now mix 2 packets of Saffola Soya Bhurji and add 300 ml water. Stir it well, cover it and cook for 3-4 minutes.
- ♥ Mix in the tomato puree, stir nicely and cook for another 2-3 minutes.
- ♥ Now mix fried karela and stir well. Add beaten yoghurt, stir once and sauté it on low flame for 4-5 minutes. Adjust the salt as per your taste.
- ♥ Garnish with chopped coriander leaves and serve hot with naan or roti.



35 mins



4 persons



31g



# Soya Bhurji Pulao



## Ingredients

Saffola Soya Bhurji packets – 2  
Basmati rice, soaked and drained – 1 cup  
Ghee – 3-4 tbsp  
Cinnamon – 1 inch  
Green cardamoms – 2-3  
Cloves – 3-4  
Shahi Jeera – ½ tsp  
Cumin seeds – ½ tsp  
Onions, chopped – 3 medium  
Ginger paste – 1 tbsp  
Garlic paste – 1 tbsp  
Green peas – ½ cup  
Potatoes, peeled and diced – 1  
Coriander powder – 1 tbsp  
Turmeric powder – ¼ tsp  
Tomatoes, chopped – 3-4 large  
Salt – adjust as per taste  
Green chillies, chopped – 1-2  
Fresh coriander, chopped – 2 tbsp

## Method

- ♥ Heat ghee in a deep non-stick pan. Add the cinnamon, cardamoms, cloves, shahi jeera and cumin seeds. When they begin to change colour, add the onions and continue to sauté.
- ♥ Add the ginger paste, garlic paste and a little water and continue to sauté for a minute more.
- ♥ Add the coriander powder, turmeric powder and tomatoes. Mix and sauté for another minute. Add salt to taste and mix.
- ♥ Add Saffola Soya Bhurji from the 2 packets and green chillies. Cover and cook till Soya Bhurji softens up. Add the peas and potatoes and mix well.
- ♥ Drain and add the rice with two cups of water and mix. Add the coriander leaves and mix well.
- ♥ When the mixture comes to a boil, reduce heat, cover and cook, stirring once or twice, till the rice is done.
- ♥ Serve hot with fresh yoghurt.



45 mins



4 persons



37g





# Soya Bhurji

## Chana Dal Khichdi



### Ingredients

Saffola Soya Bhurji packets – 2  
Rice – 1 cup  
Chana dal (Bengal gram), soaked and drained – ½ cup  
Asafoetida – ¼ tsp  
Cumin seeds – ½ tsp  
Green Chillies, sliced or chopped – 2  
Ginger, grated – ½ tsp  
Turmeric powder – ½ tsp  
Bay leaf – 1  
Black pepper – 4-5  
Cloves – 2-3  
Salt – adjust as per taste  
Desi ghee – 2-3 tbsp  
Water as required

### Method

- ♥ To begin making the Chana Dal Khichdi, wash the rice and chana dal well and soak them separately in water for about an hour.
- ♥ Pressure cooker the chana dal with little water till half done or till the cooker releases 2 whistles. Once done, switch off the heat, strain and keep aside.
- ♥ Heat ghee in a pressure cooker, add bay leaf, black pepper, cloves, cumin seeds and asafoetida. Saute for about 30 seconds.
- ♥ Add green chilies and ginger and cook for 30 seconds.
- ♥ Add rice, half cooked chana dal, turmeric powder and salt according to taste.
- ♥ Add the Saffola Soya Bhurji packs to the khichdi. Mix well.
- ♥ Now, add 3 cups of water. Mix it well and cook till the cooker releases 1 whistle. Let the cooker rest till the air is released completely.
- ♥ Once done, garnish it with some chopped coriander leaves.
- ♥ Serve Chana Dal Khichdi with Gujarati kadhi or any raita of your choice.



40 mins



4 persons



42g



# Recipes for Evening Chhoti Hunger





# Soya Bhurji Pizza



## Ingredients

Saffola Soya Bhurji packet – 1  
Pizza base – 1  
Pizza sauce – 2 tbsp  
Mozzarella cheese – ½ cup  
Tomato, chopped – 1 medium  
Onion, chopped – 1 medium  
Green/black olives, sliced - 1 tsp  
Jalapeno, sliced – 1 tsp  
Butter – 2 tbsp  
Pizza seasoning and chilli flakes – as per taste

## Method

- ♥ Cook Saffola Soya Bhurji in 150 ml water for 5 minutes or till you get the desired result. Keep aside.
- ♥ Spread 1 tbsp butter on one side of the pizza base and cook that side on a pan for 30 seconds.
- ♥ Place the pizza base on a platform with cooked side facing up. Spread some more butter on cooked side, followed by pizza sauce.
- ♥ Spread Saffola Soya Bhurji evenly on the pizza base. Add chopped onion and tomatoes.
- ♥ Put mozzarella cheese on top of the onion-tomato layer and sprinkle olives and jalapeno on top.
- ♥ Sprinkle some pizza seasoning and chilli flakes.
- ♥ Place the pizza on a heated pan and cook with lid on for about 15 minutes on low-medium flame.
- ♥ Serve hot with tomato ketchup, on the side.



25 mins



1 person



44g



# Soya Bhurji Bread Roll



## Ingredients

Saffola Soya Bhurji packets – 2  
Potato, boiled – 1 big  
Green peas, boiled – 2 tbsp  
Bread slices, white or brown – 8  
Ginger, finely chopped – ½ inch  
Green chillies, finely chopped – 2  
Cumin seeds – ½ tsp  
Fresh coriander leaves, finely chopped  
– 2 tbsp  
Salt – adjust as per taste  
Cooking oil for deep frying

## Method

- ♥ Cook 2 packets of Saffola Soya Bhurji in 300 ml water for 5 minutes or till you get the desired consistency. Keep aside.
- ♥ Heat 1 tsp oil in a pan, add cumin seeds, chopped ginger, green chillies and sauté on low flame. Add mashed potatoes, green peas, salt and cooked Saffola Soya Bhurji. Mix well and leave for 2 minutes.
- ♥ Garnish with chopped coriander leaves and keep the mixture aside.
- ♥ Take 8 bread slices and trim off the edges. Dip in water, quickly take out and press firmly to squeeze out the water.
- ♥ Put 1-2 tsp of prepared potato mixture in each bread slice and carefully seal the edges. Like-wise prepare all of them.
- ♥ Heat oil in a frying pan. Deep fry bread rolls in parts till they turn crispy and golden brown.
- ♥ Drain from the oil and place them on paper napkins to remove excess oil.
- ♥ Serve hot with chutney and tomato ketchup.



35 mins



4 persons



44g





# Soya Bhurji Momos



## Ingredients

Saffola Soya Bhurji packet – 1  
All-purpose flour (maida) – 2 cups  
Oil – 2 tbsp  
Spring onions, finely chopped – 2  
Ginger, finely chopped – 1 inch  
Garlic, finely chopped – 2 cloves  
Soy sauce – 1 tsp  
Tomato ketchup – 2 tbsp  
Salt – adjust as per taste  
A dash of oil

## Method

- ♥ Cook Saffola Soya Bhurji in 150 ml water for 5 minutes or till you get the desired result. Keep aside.
- ♥ Take refined flour in a bowl. Add salt and 1 tbsp of oil. Mix well. Add sufficient water and knead into a soft dough. Cover with a muslin cloth and let it rest for 10-15 minutes.
- ♥ Heat 1 tbsp of oil in a pan and lightly sauté chopped ginger, garlic, green spring onions and cooked Saffola Soya Bhurji.
- ♥ Add soy sauce and tomato ketchup, mix well. Allow the mixture to cool.
- ♥ Divide the dough into 16 small portions. Shape them into balls and roll out thinly.
- ♥ Put 1 tsp of filling in the centre. Bring all edges together to the centre and make small tight pleats. Pinch and twist pleats to seal it.
- ♥ Steam the momos in a steamer for about 15-20 minutes.
- ♥ Serve hot with spicy garlic-tomato dip.



50 mins



3 persons



44g



# Soya Bhurji Tikki



## Ingredients

Saffola Soya Bhurji packets – 2  
Coriander leaves, chopped – 2 tbsp  
Black pepper – ½ tsp  
Turmeric – ¼ tsp  
Refined oil – 1 cup  
Carrot, grated – 1 medium  
Gram flour (besan), roasted – 4 tbsp

## Method

- ♥ Cook 2 packets of Saffola Soya Bhurji in 300 ml water for 5 minutes or till you get the desired result. Keep aside.
- ♥ In a mixing bowl add cooked Saffola Soya Bhurji, roasted gram flour, black pepper, turmeric and grated carrot. Mix well.
- ♥ Add little water to bind and form them in round patties.
- ♥ Make sure there are no lumps. Make round patties with palm.
- ♥ Heat oil in a wok for deep frying the Saffola Soya Bhurji Tikkis. Fry them on medium flame to get a crispy result.
- ♥ Garnish with chopped coriander leaves and serve hot with green chutney or tomato ketchup.



30 mins



2 persons



44g





# Disc-O-Soya Bhurji



## Ingredients

Saffola Soya Bhurji packets – 2  
 White sandwich bread – 12 pieces  
 Onion, finely chopped – 1  
 Tomato, deseeded and finely chopped – 1 small  
 Sweet corn, boiled – ¼ cup  
 Capsicum, finely chopped – 1 small  
 Processed cheese, grated – 4 tbsp  
 Coriander leaves, finely chopped – 2 tbsp  
 Black pepper powder – 1 tsp  
 Red chilli flakes – 1 tsp  
 Mixed dried herbs – ½ tsp  
 Butter – 4 tbsp  
 Tomato sauce – 3-4 tbsp  
 Cheese, grated – 1 tbsp

## Method

- ♥ Cook 2 packets of Saffola Soya Bhurji in 300 ml water for 5 minutes or till you get the desired consistency. Keep aside and let it cool.
- ♥ In a mixing bowl, add Saffola Soya Bhurji, finely chopped onions, tomatoes, capsicum, chilli flakes,

black pepper powder, mix herbs, coriander leaves and tomato sauce to the Soya Bhurji mixture and mix well.

- ♥ Taste the mix and adjust the seasonings as per taste. Your stuffing is ready.
- ♥ For the spread, in a bowl take 2 tbsp butter. Add 1 tbsp grated cheese and tomato ketchup and mix well. Our spread is ready.
- ♥ Using a big round cookie cutter, cut roundels from the all bread slices. Keep aside
- ♥ Now using a small cookie cutter or sharp lid, cut out roundels from 5 bread slices of the big roundels to get bread rings. Keep the small rings aside.
- ♥ Now apply the butter & ketchup spread over the roundels and place rings over them and press lightly.
- ♥ Fill remaining bread rings with the stuffing and apply butter on the edges of each bread rings.
- ♥ Spread some grated cheese over the stuffing
- ♥ Arrange them in an Air-fryer and roast the Saffola Soya Bhurji discs for 5–7 minutes or until the edges are crisp and golden.
- ♥ Serve the delicious tempting Saffola Soya Bhurji discs with tomato ketchup.



30 mins



4 persons



44g



# Soya Bhurji Pizza Puff



## Ingredients

Saffola Soya Bhurji packets – 2  
Refined flour – 2 cups  
 $\frac{1}{2}$  +  $\frac{1}{2}$  Salt (or to taste )  
Baking Powder –  $1\frac{1}{2}$  tsp  
Oil –  $\frac{1}{4}$  cup  
Tomato, finely chopped –  $\frac{1}{2}$  cup  
Carrot, finely chopped –  $\frac{1}{2}$  cup  
Capsicum, finely chopped –  $\frac{1}{2}$  cup  
Sweet corn, boiled –  $\frac{1}{4}$  cup  
Mozzarella cheese, grated –  $\frac{1}{2}$  cup  
Chilli-tomato sauce – 2 tbsp  
Ginger, finely chopped –  $\frac{1}{2}$ -inch piece  
Oregano –  $\frac{1}{2}$  tsp  
Oil for frying

## Method

- ♥ In a mixing bowl, take refined flour, add salt, baking powder, oil and mix everything well. Take chilled water to knead a stiff dough. Cover and keep dough aside for 30 minutes to set.
- ♥ Cook 2 packets of Saffola Soya Bhurji in 300 ml water for 5 minutes or till you get the desired consistency. Keep aside and let it cool.
- ♥ In a mixing bowl, add finely chopped

ginger, carrot, capsicum, sweet corn and deseeded tomato.

- ♥ Add cooked Saffola Soya Bhurji to the veggies. Sprinkle oregano.
- ♥ Add grated mozzarella cheese and chilli-tomato sauce. Mix well.
- ♥ Once dough is set, grease your hands with some oil, and knead the dough for 2-3 minutes to make it smooth.
- ♥ Divide the dough into equal balls. Pick a dough ball and roll it into a thick round.
- ♥ Once sheet is rolled, mark it 9-inch vertically, and 4.5-inch horizontally and cut it.
- ♥ Once cut divide into 2 parts. Grease edges with water. Place the stuffing over the sheet, leaving little space on the edges.
- ♥ Lift the other sheet and stick it edge to edge. Press to join the edges. Mark the corners with fork. Prepare all likewise and place in a tray.
- ♥ Put the tray in the refrigerator for 30 minutes.
- ♥ To fry them, heat oil in a wok on medium flame. Once hot, deep fry the pizza puff until golden brown from all sides. Pour it on a strainer and allow the excess oil to drain off.
- ♥ Yummy Saffola Soya Bhurji Pizza puffs are ready.
- ♥ Serve it with tomato sauce or any other sauce of your choice.



95 mins



8 persons



44g





# Recipes for Late-night Cravings





# Soya Bhurji

## Corn & Sprouts Salad



### Ingredients

Saffola Soya Bhurji packets – 2  
Mixed sprouts, blanched & drained – 1 cup  
American corns, roasted – ½ cup  
Onion, finely chopped – ¼ cup  
Carrot, chopped or grated – ¼ cup  
Tomato, deseeded & finely chopped – ¼ cup  
Cucumber, finely chopped – ¼ cup  
Green chilli, finely chopped – 1  
Few mint and coriander leaves

#### For Salad Dressing:

Lemon juice – 1 tbsp  
Oil – 1 tsp  
Pepper powder to taste  
Chat masala to taste  
Roasted jeera powder to taste

### Method

- ♥ Cook 2 packets of Saffola Soya Bhurji in 300 ml water for 5 minutes or till you get the desired result. Keep aside.
- ♥ Take the sprouts in a mixing bowl, add chopped onions, carrots, tomatoes and cucumber. Mix well.
- ♥ Now add cooked Saffola Soya Bhurji and roasted American corns. Mix well.
- ♥ Take lemon juice in a small cup. Add a tsp of oil. Add pepper powder and chaat masala powder as per your taste. Combine the salad dressing well with the salad ingredients.
- ♥ Sprinkle roasted jeera powder and serve garnished with mint leaves and coriander leaves.



30 mins



3 persons



31g





# Soya Bhurji Upma



## Ingredients

Saffola Soya Bhurji packets – 2  
Suji, roasted – ½ cup  
Onion, chopped – ½ cup  
Cabbage, shredded – ½ cup  
Carrot, grated – ½ cup  
Urad Dal – 1 tsp  
Peanut, roasted – 2 tsp  
Green chilli – 1-2  
Coriander leaves – 2 tbsp  
Lemon juice – 2 tbsp  
Asafoetida – 1 pinch  
Ginger, grated – ¼ tsp  
Oil – 2 tbsp

## Method

- ♥ Heat oil in a pan on medium flame. After the oil becomes hot, add cumin and asafoetida to it. When cumin starts crackling, add urad dal and fry till it turns golden.
- ♥ Add roasted suji to the tadka. Mix Well.
- ♥ Empty out 2 packets of Saffola Soya Bhurji. Mix it well.
- ♥ Add 300 ml water to the pan, mix well. Let it cook for 4-5 minutes till you get the desired result. Stir in between.
- ♥ Add roasted peanuts, mix well.
- ♥ Finally add lemon juice to the Soya Bhurji Upma and switch off the gas.
- ♥ Tasty and nutritious Saffola Soya Upma is ready. Garnish with green coriander leaves and lemon slices. Serve Hot.



25 mins



2 persons



41g





# Soupy and Cheesy Soya Bhurji



## Ingredients

Saffola Soya Bhurji packet – 1  
Pasta, half boiled – 2 tbsp  
Onion, finely chopped – 1 small  
Spring onions, chopped – 1 tbsp  
American corn – 1 tbsp  
Carrot, finely chopped – 1 tbsp  
Green chillies, finely chopped – 2  
Ginger paste – 1 tsp  
Cheese, grated – 1 cube  
Oil – ½ tbsp

## Method

- ♥ Heat oil in a wok. Add ginger paste and sauté it. Add chopped onion, carrot and green chillies.
- ♥ Add half boiled pasta and the American corn. Add grated cheese. Mix well.
- ♥ Now add Saffola Soya Bhurji from the packet to the wok of vegetables. Mix well. Adjust the salt and add pepper powder. Mix well.
- ♥ Add 200 ml water, stir well. Cook for about 5 minutes with closed lid or till you get the desired consistency.
- ♥ Garnish with finely chopped spring onions. Serve hot with bread slices.



20 mins



1 person



26g





# Soya Bhurji on Toast with Veggies & Cheese



## Ingredients

Saffola Soya Bhurji packet – 1  
Capsicum, finely chopped – 1 tbsp  
Onion, finely chopped – 1 small  
Carrot, finely chopped – 1 medium  
Green chillies, finely chopped – 2  
Coriander leaves, chopped – ½ cup  
Butter – 2 tbsp  
Mayonnaise – 1 tbsp  
Cheese, grated – 1 cube  
Bread – 2 slices  
Pizza seasoning & chilli flakes for garnishing

## Method

- ♥ Cook Saffola Soya Bhurji in 150 ml water for 5 minutes or till you get the desired result. Keep aside.
- ♥ In a mixing bowl, add all the vegetables - capsicum, onion, carrot, coriander leaves and green chillies - and mix well.
- ♥ Add cooked Saffola Soya Bhurji to the vegetables. Add mayonnaise. Mix everything well.
- ♥ Heat a pan with some butter on low flame. Place bread slices. Roast one side and flip.
- ♥ On the top side apply the Saffola Soya Bhurji mixture, evenly.
- ♥ Sprinkle grated cheese, pizza seasoning & chilli flakes.
- ♥ Cover with a lid and cook on low flame till cheese melts.
- ♥ Cut each slice into two pieces. Serve hot with tomato ketchup.



20 mins



2 persons



27g

