

Recipe Name: Soya Chunks Masala in Coconut Milk Recipe

Diet Type:

Course: Dinner

Cuisine: South Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
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| • 2 cups Soy Chunks (Nuggets) - boiled and squeezed well | 4 |
| • 2 Tomatoes - finely sliced | |
| • 1 Onion - finely chopped | |
| • 3 Green Chillies - slit | |
| • 3 cloves Garlic - grated | |
| • 1 teaspoon Cumin seeds (Jeera) | |
| • 1 sprig Curry leaves | |
| • 1/2 teaspoon Turmeric powder (Haldi) | |
| • 1 teaspoon Red Chilli powder | |
| • 1 teaspoon Coriander Powder (Dhania) | |
| • 1 teaspoon Curry powder | |
| • 100 ml Coconut milk | |
| • Sunflower Oil - for cooking | |
| • Salt - to taste | |

Preparation

- Heat water in a saucepan and bring it to a brisk boil.
- Add the soy chunks into the water and allow it to boil for a couple of minutes until the soy chunks soak in a lot of water and become soft.
- This will take about 5 minutes.
- once the soy chunks have soaked in the water and become soft, drain out the water and keep the soy chunks aside.
- The next step is to make the masala.
- Heat a teaspoon of oil in a heavy bottomed pan.
- Add the cumin, curry leaves and green chillies and saute them for a few seconds.



- Add sliced tomatoes and saute for 2 minutes on high heat until the tomatoes soften.
- Once the tomatoes soften, add the coriander powder, red chilli powder and turmeric powder, mix well.
- Cook for half a minute.
- Add soya chunks and saute in the masala for 2 to 3 minutes.
- Finally add coconut milk and about a cup of water, salt and curry powder.
- Mix well and simmer the Soy Chunks Masala for about 5 minutes until the gravy thickens.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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