

Recipe

Soya cutlet

By

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Ingredients

Soya granules – 30 gm
Potato – 50 gm
Carrot – 50 gm
Beetroot – 50 gm
French beans – 25 gm
Peas – 20 gm
Turmeric – ½ Tsp
Red chili powder – 1 Tsp
Dhania jeera powder – 2 Tsp
Amchur (Dry mango) powder – 2 Tsp
Lime juice – To taste
Salt – To Taste
Ginger chilli paste – ½ Tsp
Semolina flour – 2 Tbsp
Rice flour – 1 Tbsp (Optional)
Oil – For shallow frying

Preparation

1. Boil 2 cups water in a pan and add the soya granules to this boiling water, allow them to cook for 5 mins, and then drain out all the water by squeezing the granules.
2. Boil the potato, French beans and peas and smash them properly once they are cooled.
3. Finely grate the carrot and beetroot.
4. Now mix the soya granules, grated carrot and beetroot with the smashed potato mixture.
5. Add turmeric, red chilli powder, ginger chilli paste, dhania jeera powder, amchur powder, lime juice and salt and mix well.
6. Now shape this mixture into round cutlets or any shape of your choice.(If incase the cutlets do not bind properly, add 1 Tbsp rice flour)
7. Dip the cutlets in semolina so that they are covered with it from both the sides.
8. Heat oil in a frying pan and shallow fry the cutlets till golden brown from both the sides.

Nutritional facts

NAME	Serving	Energy (kcal)	CHOs (gm)	Protein (gm)	Fat (gm)
Soya cutlet	2	451	52	19	16

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