Dinner, Indian

Soy and Methi Sabzi with Peas

Savoury soy granules and earthy fenugreek leaves come together with green peas and classic Indian spices in this dry-style sabzi. A splash of milk stirred in at the end keeps it moist with a gentle, creamy finish.



Low fat

25 min	107	8.1 g	2.8 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1/2 cup soy granules
- [ ] 1 1/2 cups chopped fenugreek leaves (methi)
- [ ] 2 tsp oil
- [ ] 1 tsp cumin seeds (jeera)
- [ ] 1/2 cup chopped onion
- [ ] 1 tsp green chilli paste
- [ ] 1/2 tsp haldi powder (turmeric powder)
- [ ] 1/2 tsp red chilli powder
- [ ] 1/2 tsp garam masala
- [ ] salt (namak) to taste
- [ ] 1/2 cup boiled green peas
- [ ] 2 tbsp low fat milk (0.1% fat) , 99.7% fat-free

Nutrition Facts

Per serving

Calories	**107**
Total fat	5.3 g
Saturated fat	Not listed
Sodium	12 mg
Total carbs	8.1 g
Fiber	5.2 g
Total sugars	2.8 g
Protein	7 g

Method

- [ ] **1** Put the soy granules in a bowl of hot water and let them sit for 10 to 15 minutes, then drain them and press out every last drop of moisture with your hands.
- [ ] **2** Place a non-stick kadhai on the flame, warm the oil in it and drop in the cumin seeds (jeera).
- [ ] **3** As soon as the jeera starts to crackle, tip in the chopped onion along with the green chilli paste and cook everything on a medium flame for 2 minutes.
- [ ] **4** Now fold in the chopped fenugreek leaves (methi) and the prepared soy granules, tossing them together over a medium flame for 1 to 2 minutes.
- [ ] **5** Scatter in the haldi powder (turmeric powder), red chilli powder, garam masala and salt (namak), pour in 1 tbsp of water, give it a good stir and let it simmer on a medium flame for 2 minutes, giving the pan an occasional shake or stir.
- [ ] **6** Finish by stirring the boiled green peas and the low fat milk (0.1% fat) through the sabzi, then keep it on a medium flame for 1 more minute, mixing from time to time.
- [ ] **7** Dish the sabzi out of the kadhai and enjoy it straight away while it is hot.

diabic.com/recipes

Scan to open this recipe and its shopping list