

Soya chunks with vegetables pulao

Ingredients

- 2 cups basmati rice
- 2 cups mini soya chunks (you can get this at the supermarket)
- 6 cups water (to cook mini soya chunks)
- 2 tbsp vegetable oil
- 2 tsp cumin powder
- 1 onion, finely diced
- 2 tsp coriander powder
- 2 tsp turmeric powder
- 3 cups frozen mixed vegetables
- Coriander leaves for garnish (optional)
- Plain, unflavoured yoghurt (optional)

Instructions

1. Wash and soak rice in water for about 30 minutes.
2. Place mini soya chunks in pan, add 6 cups of water. Bring to boil and simmer until soya chunks become soft (about 10 minutes). Strain and put aside.
3. Heat pan and add vegetable oil and cumin powder. Add diced onion and cook for 2 minutes. Add frozen vegetables, rice (with water), boiled soya chunks, coriander powder and turmeric powder. Cook until rice is cooked (about 15 minutes).
4. Serve in small bowls with coriander leaves and plain, unflavoured yoghurt.

Serves about 10 kids



Note: Make sure that the cooked soya chunk pieces and vegetables are 8mm x 8mm in size to reduce food-related choking.