



Soya kofta curry

Cooking time:
20-22 mins

Serves:
1 heaped bowl



Expert comments:

- Kofta is an excellent way of incorporating soya in the main course
- Avoid adding any nuts or seeds to the onion and tomato gravy
- Also, most people are not able to build a healthy relation with soya owing to its tastelessness, hence making soya koftas is an ideal way to introduce soya in daily routine





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Additional tip:

- You may add grated tofu also to this recipe to increase the protein content
- Patients with muscle loss may need extra proteins to be added, hence this is an ideal way to incorporate more proteins in the diet



Nutritional information/ serving:

| Proteins (g) | Fats (g) | Carbohydrates (g) | Calories (kcal) | Sodium (mg) | Potassium (mg) | Calcium (mg) | Phosphorus (mg) |
|--------------|----------|-------------------|-----------------|-------------|----------------|--------------|-----------------|
| 9.7 | 4.6 | 15.5 | 146.9 | 4.2 | 323.3 | 71.9 | 98.3 |

