



Cookbook

Try New **MAGGI** Soya Chunks, TODAY!



If a portion = 12.5g

Energy	177kJ	42kcal
Fat	0.2g	0%
Saturated	0g	0%
Sugars	1.2g	1%
Sodium	0.23mg	12%

Adult's OMA*

Net Weight
100g



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MAGGI Soya Chunks is a great source of protein made with Soya Beans.

MAGGI Soya Chunks can be cooked in 10 minutes to be added to your delicious meals such as Rice, Spaghetti and Stews. It contains many essential nutrients such as Iron and Zinc.





SOURCE OF protein

Simply GOOD

NO NEED TO add salt

Source of IRON & ZINC



Nestlé

Good food, Good life™

Simply cook it-Suggested preparation



1.

Stir fry onion, tomato, bell pepper, scotch bonnet for 3min



2.

Add water, seasoning and bring to boil



3.

Add spaghetti & MAGGI Soya Chunks, stir and cover to cook for 10min

Enjoy SOYA CHOPS ...

... with Jollof, Noodles and Stews



Adapt your portion

1 portion = 12.5g

2/3 portion = 8.3g



Adult



Children 4 years and above



Jollof Spaghetti with Soya Chunks

 35 min



INGREDIENTS

- 600g of Spaghetti • 5 large Tomatoes • 2 large Red Bell Peppers • 3 Scotch bonnet peppers
- 1 tbsp Tomato paste • 1 tbsp Vegetable Oil • 1 Medium Onion • 1/2 tsp Curry Powder
- 1 tbsp each, ground Ginger and Garlic • 100g of MAGGI Soya Chunks
- 2 MAGGI Chicken cubes • 1 sachet of MAGGI Signature Jollof • 1/2 tsp Thyme

STEPS

1. Heat up pot, add oil in the pot. Add chopped onions, ginger and garlic and stir-fry.
2. Add the thyme, curry and MAGGI seasoning, stir-fry then add the tomato paste, fresh tomatoes, red bell peppers and scotch bonnet peppers.
3. When everything is properly fried add water and allow to boil.
4. Once boiled add the spaghetti, cook for 5 minutes, then add the soya chops and allow to cook together with the spaghetti for 10mins.





Jollof Rice with Soya Chunks

 45 min

INGREDIENTS

- 4 cups Rice, white, long-grain, regular, raw, enriched
- 5 large Tomatoes
- 3 large Red Bell Pepper
- 1 tbsp Spices, ginger, ground
- 100 g MAGGI Soya Chunks
- 3 pieces scotch bonnet
- 2 tbsp Tomato products, canned, paste, without salt added
- 2 tbsp Vegetable Oil
- 3 MAGGI Chicken Cube 16 (100x4g) NI NG
- 3 Leafs Spices, bay leaf
- 1 MAGGI Signature Jollof (30x10x8g)
- 2/1 tsp Thyme, fresh
- 2/1 tsp Curry Powder

STEPS

1. Heat up pot, add oil in the pot. Add the onions, ginger and garlic and stir-fry till translucent.
2. Add the thyme, curry, bayleaf and MAGGI seasoning, stirfry then add the tomato paste, fresh tomatoes, tatashe and rodo.
3. When they've properly fried add MAGGI signature jollof and some water then allow to boil.
4. Once boiled, add the rice and cook for about 15 minutes, then add the soya chops and allow to cook together with the rice for an additional 10 minutes.





Soya Chunks Fried Rice

 25 min



INGREDIENTS

- 3 cups parboiled rice • Maggi Soya Chunks 100g • 1 cooking spoon of veg. Oil
- 1 medium Onions • Ginger 1tsp • Garlic 3 cloves • Bayleaf 2 • Thyme half tsp • Curry 1 tsp
- 3 Maggi Chicken cubes • Carrot 2 large • Green peas half cup • Bell peppers 2 large

STEPS

1. In a pot of boiling water, add the soya chops to hydrate for about 3 mins, strain and set aside.
2. Heat up pot and add some oil, add onions, ginger n garlic, stir-fry till translucent then add the curry, thyme and bayleaf.
3. Stir in the carrots and green peas with some Maggi seasoning then add the hydrated soya chops stir-fry together with the veggies before adding the cooked rice and the bell peppers. Stir-fry all together for about 2 minutes and your fried rice is ready.





Stir-fry Noodles with Soya Chunks

 12 min



INGREDIENTS

- 700 g Noodles, flat, crunchy, Chinese restaurant
- 1 large Carrots
- 1 Medium Yellow Pepper
- 1 Medium Red Bell Pepper
- 1 Medium Green Bell Pepper
- 1 tbsp Vegetable Oil
- 2 MAGGI Chicken Cube 16 (100x4g) NI NG
- 100 g MAGGI Soya Chunks
- 1 Small Onion
- 2 Cloves Garlic

STEPS

1. In a pot of boiling water, add the noodles and the soya chunks so as to hydrate for about 3 minutes, strain and set aside.
2. In another pot, Heat up some oil and stir-fry the onions, ginger and garlic, and the veggies. Add some MAGGI seasoning and the strained soya chops and noodles. Stir all together till properly cooked.
3. Add some MAGGI seasoning and the strained MAGGI Soya Chunks and noodles and stir till properly cooked.





Native Jollof Rice

 19 min



INGREDIENTS

- 2 cups Basmati rice • 2 eggs • 1 cup Palm oil • 1 Onions, diced • 5 Tatashe and 4 Atarodo
- 1 tablespoon of Iru • Half teaspoon of each Spice (black paper and ginger & garlic powder)
- 6 MAGGI Star cubes • 100g Cooked kpomo • 100g Stocked fish • 100g cooked ice fish
- MAGGI Soya Chunks • Spinach • 2 Spring onions

STEPS

1. Wash the rice and set aside. Fill a medium-sized pot with 2 liters of water. Add half a tablespoon of salt and place your eggs into the pot. Allow the water to reach a boil. Once boiling, remove the eggs, peel them. Add the washed rice to the boiling water and let it parboil for 8 to 10 minutes. Afterward, strain the rice and set it aside.
2. Put your MAGGI Soya Chunks in a pot, add a little water, and cook until soft. Then, strain and set aside.
3. Heat the palm oil in a pan, sauté the onions, and add a blend of Red Bell Peppers and Scotch bonnet peppers. Add the iru, spices, cooked kpomo, stock fish, cooked ice fish, and cooked MAGGI Soya Chunks. Add the MAGGI Star cubes and stir, then gently add boiled eggs and remove them after 2 minutes.
4. Combine the spiced mixture with the boiled rice. Stir well, cover, and let it simmer for 3 minutes. Add spinach, onions, and spring onions; mix, cover, and simmer for an additional 4 minutes.
5. Finally, add the boiled eggs back into the mixture, ensuring they are evenly distributed. Your delicious Native Jollof rice is now ready to be served.





Coconut Rice

 55 min



INGREDIENTS

- 1 coconut • 3 tablespoons coconut oil • 1 tablespoon butter • 2 diced Sausage
- 2 teaspoon ginger and garlic paste • 1 Chopped onion • 2 cups coconut milk
- 2 cups Basmati rice • 2 diced Carrot • 2 Chopped red peppers
- 2 Spring onions for garnishing • 4 MAGGI Star cubes • MAGGI Soya Chunks

STEPS

Coconut Milk Extraction

1. Obtain a coconut, remove the husk, and cut it into pieces.
2. Blend the coconut pieces with half a liter of water until smooth.
3. Sieve the blended mixture to extract coconut milk.

Rice Preparation

1. Heat 3 tablespoons of coconut oil and 1 tablespoon of butter in a medium wok pan.
2. Add 1 teaspoon of ginger and garlic paste and chopped onion. Mix and add washed basmati rice.
3. Fry the rice until water content decreases without allowing it to turn brown.

Cooking Rice

1. After frying, add 2 cup of coconut milk to the rice and MAGGI Soya Chunks
2. Cover the wok with foil paper and then with the lid.
3. Cook on low-medium heat until the rice and Soya Chunks are fully cooked.

Stir-fry and Garnish

1. In another pan, heat 2 tablespoons of coconut oil.
2. Add ginger and garlic paste, chopped onion, carrot, sausage, and chopped red peppers.
3. Season with MAGGI Star cubes and stir-fry for 2 minutes.
4. Introduce the cooked rice and sprinkle spring onions for garnishing.
5. Cover and let it simmer on low-medium heat for 2 to 3 minutes.

Your delicious coconut rice is now ready to be served!





Cabbage Dolma

 35 min



INGREDIENTS

- 2 cups rice • 2 onions • 3 tablespoons of parsley • 250 grams ground beef • 1 big cabbage
- 6 MAGGI Soya Chunks • 5 tablespoons vegetable oil • 5 cups water • 2 red bell peppers
- 1 scotch bonnet • 1 teaspoon garlic paste • 3 tablespoons tomato paste
- 1 tablespoon olive oil • 1/2 teaspoon salt • 1/3 teaspoon black pepper

STEPS

1. Dice onions finely, chop parsley leaves, garlic paste.
2. Add washed and drained rice, tomato and red bell pepper scotch bonnet and tomato paste, salt MAGGI Soya Chunks and salt, drizzle 1 tablespoon olive oil, ground beef and mix everything together.
3. Cook the whole cabbage cut and peeled the cook cabbage into a reasonable size that you can roll add the stuffing and roll cabbage. 6 mins
4. Stick the roll cabbage into a wide pan in a medium saucepan add 4 tablespoons veg oil add tomato paste, salt, MAGGI Soya Chunks Cook for 1- 2minutes.
5. Stir and add 2 cups water, pour the sauce over the arrange cabbage cook on low head for 25 minutes.





Chicken Pasta

 10 min



INGREDIENTS

- 500 grams of Chicken • 2 tsps of Olive Oil • 1 large Onion • 1 pack of MAGGI Soya Chunks
- 3 tomatoes • 1 tbsp Pepper Flakes • 1/2 tsp Salt • Pinch of lemon zest • 1 tsp Italian seasoning
- 1/2 tsp Lemon Juice • 1 cup Cooking Cream • 500grams Spaghetti • 1 tbs Dried Parsley
- 1 tbsp fresh Garlic, ground

STEPS

1. Cut already cooked chicken into strips.
2. Add MAGGI Soya Chunks and pepper and place in a hot pan.
3. Boil pasta for 10 minutes in salted water. While that's cooking make the sauce by sautéing the garlic in olive with dried parsley, salt and tomatoes.
4. Add in the cooking cream, the boiled pasta and toss until well combined. Add the pepper flakes, lemon juice and the lemon zest.

Serve hot!



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Macaroni Chopping

 30 min



INGREDIENTS

- $\frac{3}{4}$ cup of oil • 1 Onion • 2 Fresh Tomatoes • 1 pack of MAGGI Soya Chunks
- Pepper mix (3 Scotch Bonnet peppers and 2 Red Bell peppers) • 3 MAGGI Chicken cubes
- 3 cups of Water • $\frac{1}{3}$ cup of Green peas • 1 sachet of MAGGI Signature Jollof
- 1 pack of Macaroni

STEPS

1. Add oil to pot and saute sliced onions, then add diced tomatoes and pepper mix (a mix of tomatoes and peppers).
2. Add your MAGGI Chicken cubes, fry a bit then add your water, green peas and MAGGI Signature Jollof. Let that come to a boil.
3. Add the pasta and cook for 5 min before adding the MAGGI Soya Chunks. Cook all together for 15 - 20mins.

Serve and enjoy



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**CHOOSE THE
STAR**





Vegetable Soya Chunks Potato Balls

 35 min



INGREDIENTS

- 10 medium sized cooked potatoes • 1 pack MAGGI Soya Chunks • 2 Cube MAGGI Star
- 1 tablespoon vegetable oil • $\frac{1}{4}$ cup chopped spring onions • $\frac{1}{2}$ cup grated carrot
- $\frac{1}{3}$ cup green pepper • $\frac{1}{3}$ cup sweet corn • $\frac{1}{2}$ cup onion • $1\frac{1}{2}$ cups breadcrumbs
- $\frac{1}{2}$ teaspoon ginger • $\frac{1}{2}$ teaspoon garlic • 1 teaspoon paprika • 1 teaspoon cumin
- Vegetable oil for frying • $\frac{1}{2}$ teaspoon coriander • FOR Slurry: • $\frac{1}{4}$ cup corn flour
- 1 cup flour • Water • 1 teaspoon salt • COATING: • Seasoned bread crumbs

STEPS

1. Soak the MAGGI Soya Chunks in hot water for about 15-20 minutes. Once soft, drain the water and gently squeeze excess moisture from the MAGGI Soya Chunks. Set aside.
2. In a pan, heat a tablespoon of oil over medium heat. Add cumin and coriander seeds and let them splutter. Add minced garlic, chopped onions, and green pepper. Sauté until the onions turn translucent. Add grated ginger and sauté for another minute.
3. Now add the chopped mixed vegetables and soaked MAGGI Soya Chunks. Stir well. Add MAGGI seasoning and paprika. Mix everything together and let it cook for 5 minutes or until the vegetables are cooked through. Turn off the heat and let the mixture cool down slightly.
4. In a large mixing bowl, combine the cooked vegetables and MAGGI Soya Chunks mixture with the mashed potatoes. Mix well until everything is evenly incorporated. Adjust salt and spices according to your taste. Take small portions of the mixture and shape it into balls. Roll each ball in bread crumbs until coated evenly.
5. Heat oil in a deep frying pan over medium heat. Once the oil is hot, gently place the potato balls into the oil. Fry the balls in batches until they turn golden brown and crispy from all sides. Make sure to not overcrowd the pan. Once done, remove the balls using a slotted spoon and place them on a plate lined with paper towels to drain excess oil.
6. Serve the Vegetable Soya Chunks Potato Balls hot with ketchup, or any dipping sauce of your choice. Enjoy!

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Spicy Soya Chunks Kebabs

 27 min



INGREDIENTS

- 1 Pack of MAGGI Soya Chunks • 2 sweet peppers • 1 red pepper or 2 hard tomatoes
- 2 onions • Grated ginger & garlic • 2 cups of rice (or Basmati Rice)
- 1½ cup of brown Lentils • A handful of Spring Onions, chopped
- 2tbsps of MAGGI Chicken Powder • 1tsp of oregano • 1tsp of yaji (dry pepper)
- 3 Cooking Spoons of Vegetable Oil • ½ cup of green peas • Cornflour for optional Gravy

STEPS

1. Hydrate your Soya Chunks and add oregano, yaji, ginger & garlic and a portion of the oil, then leave to marinate for 10 mins.
2. Cut some Onions, Sweet Pepper & Red Pepper (or Tomatoes) into cubes.
3. Using bamboo skewers, skewer vegetables then gently add MAGGI Soya Chunks bits, and alternate between Soya Chunks and Cubed Veggies to make Kebabs.
4. Leave in marinate bowl to Soak up all the flavours while you make the rice.
5. Boil the rice and lentils separately. In a hot wok or wide pot, add oil, some onions and caramelize. Add rice, lentils, MAGGI Chicken, green peas and stir-fry thoroughly.
6. Add Spring Onions, switch off the heat and cover to simmer for 5 mins.
7. Using a Grill Pan, Grill your MAGGI Soya Chunks for 2 mins on each side on medium high heat until done.
8. Make a gravy with the collected juices that stream out from Soya Chunks marinate - optional.
9. Serve Rice & Lentils on a platter with Soya Chunks skewers. Garnish with Spring Onions.
10. Voila! Ready to be enjoyed.





Beef Soya Chunks Sauce

 10 min



INGREDIENTS

- 1 Pack of MAGGI Soya Chunks • 1 cup of Green peas • Green peas • 1 Onion
- 1 cup of Mixed peppers • Mixed peppers • 1tbsp Oil • 1 tsp of Garlic paste
- 1 tsp of Fresh ginger, chopped/ minced

STEPS

1. Fry onion, garlic and ginger together for about 1 min.
2. Add grounded pepper mix and spices then stir fry for a 30 seconds.
3. Add your cooked spaghetti and fry for 2 mins.
4. Add MAGGI Soya Chunks and stir for 1 min...
5. Add vegetables of your choice and stir for 30 seconds
6. Enjoy your Beef Soya Chunk Sauce with any side of your choice - Chips/Rice/Spaghetti.





Soya Chunks Soup

 16 min



INGREDIENTS

- 2 tbsps of Vegetable Oil • 1 tsp of fresh Ginger, minced • 2 cloves of Garlic, minced
- 2 Spring Onions • 1 Scotch Bonnet pepper, chopped • 6 cups of Water or Chicken stock
- 1 sachet of MAGGI Signature Chicken • 1 tsp Black pepper, ground • 1/2 small Cabbage
- 3 medium Carrots, sliced • 1 pack of MAGGI Soya Chunks • 1 tsp toasted sesame oil optional

STEPS

1. In a large saucepan heat oil and sauté ginger and garlic.
2. Add white part of spring onions and scotch bonnet and stir fry.
3. Transfer water or chicken stock to the pan, add black pepper and MAGGI Signature Chicken. Cover and bring to a boil.
4. Next, add the carrots and stir in the MAGGI Soya Chunks and allow to boil.
5. Cut the cabbage into large chunks and add it to the pot along with the green part of spring onions and sesame oil. Cover and allow to simmer for 2 mins.
6. Garnish with more spring onions and serve soup hot.





Soya Vegetable Stir Fry

 13 min



INGREDIENTS

- 4 tbsps of Vegetable Oil • 1 medium fresh Ginger (chopped) • 3 cloves Garlic (minced)
- 1 Onion (sliced) • 1 Large Carrot (sliced) • 1 pack of MAGGI Soya Chunks • 1 MAGGI Star
- 2 Bell Peppers • 3 Chilli peppers (sliced) • 1 Cup of Broccoli (steamed)
- Stir fry sauce: • 1/4 cup of water • 2 tbsps of Oyster Sauce • 2 tsps of Light Soy Sauce
- 1/2 tsp Sugar • 1 tbsp of Vinegar • 2 tsps of Cornstarch

STEPS

1. Soak MAGGI Soya Chunks in water for 5 minutes and drain. Set aside.
2. In a wok, heat oil and stir fry ginger and garlic.
3. Stir in soaked MAGGI Soya Chunks and stir fry for 1 min. Season with MAGGI cubes.
4. Add onions, carrots, bell peppers, chilli peppers and broccoli and stir fry for 3 minutes.
5. Combine the stir fry sauce ingredients, mix thoroughly and pour over the vegetables. Using a spatula, mix until well combined and allow to simmer for 3 minutes.
6. Garnish with sesame seeds and serve with rice, noodles or pasta.



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Pineapple Fried Rice

 35 min



INGREDIENTS

- 3 cups of Basmati Rice • 2 large Chicken Breasts • 1 cup of Vegetable Oil • 1 Large Onion
- 2 cubes of MAGGI Chicken • 1 Chilli Pepper • 1 pack of MAGGI Soya Chunks
- 1 cup of Chopped Pineapple • 1 cup of Mixed Vegetables • 1 tsp of Light Soy sauce
- 1 tsp of Dark Soy sauce • 1 tsp of Oyster sauce • 4 large Eggs

STEPS

1. Scramble eggs in vegetable oil and set aside. Cut the chicken into strips and season with 1 MAGGI Chicken and pepper, and fry in a hot pan for about 10mins.
2. In a pot, boil rice for 15 minutes.
3. In a pan, add a little oil and stir fry onions. Add the red bell peppers or any kind of vegetables and stir fry for 3-4 minutes.
4. Add the cooked rice and chopped pineapples. Add curry powder, MAGGI Soya Chunks, light soy sauce, dark soy sauce and oyster sauce. Add scrambled eggs and simmer for 6 mins.

Serve hot!



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Asun

 46 min



INGREDIENTS

- 1kg goat meat • 1 pack of MAGGI Soya Chunks • 5 MAGGI Star cubes • 1/2 tsp salt
- 1/2 tsp Black Pepper • 1/2 tsp Curry Powder • 1/2 tbs Ginger and Garlic paste
- 1/2 cup Chopped Onion • 1 Green, Yellow, Red and Bell Pepper - each • 1 Onion, sliced
- 7 scotch bonnet peppers • 2 ripe plantains

STEPS

1. Preheat oven
2. Cut the goat meat into small pieces, wash, and transfer into a pot.
3. Add the chopped onion, MAGGI seasoning, MAGGI Soya Chunks and stir.
4. Cook for 10mins.
5. Line a baking tray with aluminum foil and spread the meat on it and bake in the oven for 30 minutes; stirring halfway.
6. Preheat oil in a skillet and add the ginger and garlic paste, onion, and stir for about a minute.
7. Add the chopped peppers, MAGGI Star cubes, black pepper and curry powder.
8. Add the roasted goat meat, fried plantain, scotch bonnet pepper and stir thoroughly. Add a little water, and allow to simmer for about 5 minutes on medium heat.
9. Add salt to taste if desired.

Enjoy



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Green Rice with Soya Chunks

 25 min



INGREDIENTS

- 1 tbsp of Vegetable Oil • 2 medium Onions • 6 big tomatoes (chopped) • 6 big Red Bell Peppers • 10 pcs fresh Pepper • 1 tbsp Crayfish • 1 big Smoked Fish (boned)
- 3 MAGGI Crayfish cubes • 1 sachet of MAGGI Signature Jollof • 4 cups of Rice (cooked)
- 300ml of Water • 1 handful of Curry Leaves • 50g of MAGGI Soya Chunks
- 1 Handful of scent leaves • 1 big bunch Pumpkin Leaves

STEPS

1. In a clean saucepan heat oil for 2 minutes.
2. Add onion, crayfish, red bell peppers, fresh pepper, smoked fish and some chopped tomatoes.
3. Add some water and then MAGGI Soya Chunks, season with MAGGI Crayfish. Cover to cook for 10 minutes.
4. In another pot, pour the leftover rice, add the sauce, pumpkin leaves, curry leaves, and scent leaves. Sprinkle your MAGGI Signature Jollof and mix properly. Cover and allow it to simmer for about 10 min, turn off the heat. Serve hot and enjoy.





Soya Chunks Soup Served with Homemade Sesame Seed Gurasa

 125 min



INGREDIENTS

- 2 tbs Oil • 1 pack of MAGGI Soya Chunks • 1 tbsp Garlic (minced) • 4 stalks Spring Onions
- 1 small Onion • 1 tsp Soy Sauce • 1 tablet MAGGI Chicken • 2 cups of chopped Cabbage
- 1/2 tsp Black Pepper • 2 cups of Flour • 1 tsp Yeast • Pinch of Salt • 1 1/2 tsp Sugar
- 1/4 cup Margarine (melted) • 1/4 cup Sesame Seeds • 4-6 cups of Warm water

STEPS

Sesame Gurasa

1. In a bowl, add the flour, yeast, salt, sugar then mix together. Add some warm water and the melted margarine then mix into a dough and keep in a warm place to rise for at most 2 hours.
2. After the dough has risen, cut into smaller parts, roll out and spread the sesame seeds on them. Cook portions in a pan for 5min till brown on each side.

Kwadon Zogale

1. Mix all ingredients for the kwadon zogale and serve along side the Soya Chunks soup and the gurasa.





*Cook the
Difference*