DietCloud – Recipe

Recipe Name: Punjabi Wadi Choliya Ki Sabzi Recipe

Diet Type:

Course: Side Dish

Cuisine: Punjabi

Quantity:



Ingredients

Ingredient	Quantity
• 1/4 cup Badi (wadi) - lightly crushed	4
• 300 grams Fresh green chickpeas	
• 1/4 cup Homemade tomato puree	
• 1 inch Ginger - grated	
• 1 cup Curd (Dahi / Yogurt)	
• 1/4 teaspoon Asafoetida (hing)	
• 2 teaspoon Coriander Powder (Dhania)	
• 1 teaspoon Turmeric powder (Haldi)	
• 1 teaspoon Red Chilli powder	
• Salt - to taste	
• Sunflower Oil - to cook	
• Coriander (Dhania) Leaves - small bunch	

Preparation

• To begin making the Punjabi Wadi Choliya Ki Sabzi Recipe, heat 1/2 tablespoon of oil in a heavy bottomed pan.

• Take care not to burn them.

• Once done, remove the fried wadis to a bowl and keep aside.

• Heat a teaspoon of oil in the same pan.

• Now add the Hara Choliya (Green Chickpeas) and crisp wadi to the pan.

• Toss well and add 2 cups of water, salt and bring the Choliya Wadi Sabzi to a brisk boil.

• Stir in the yogurt and simmer for another minute.

DietCloud – Recipe

- Once done, check the salt and spice levels and adjust to suit your taste.
- Turn off the heat and transfer to a serving bowl.
- Stir in the chopped coriander leaves and serve.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)