

**Recipe Name:** Dhania Chole Masala Recipe - Chickpeas In Fresh Coriander Gravy

**Diet Type:**

**Course:** Main Course

**Cuisine:** North Indian Recipes

**Quantity:**



## Ingredients

| Ingredient                                                 | Quantity |
|------------------------------------------------------------|----------|
| • 1/2 cup Coriander (Dhania) Leaves - chopped              | 4        |
| • 4 Green Chillies                                         |          |
| • 1 inch Ginger                                            |          |
| • Salt - to taste                                          |          |
| • 1 Lemon - juice extracted                                |          |
| • 2 cups Kabuli Chana (White Chickpeas) - soaked overnight |          |
| • 1 tablespoon Ghee                                        |          |
| • 1 Onion - finely chopped                                 |          |
| • 1 inch Ginger - finely chopped                           |          |
| • 3 cloves Garlic - finely chopped                         |          |
| • 1 Cinnamon Stick (Dalchini)                              |          |
| • 1 Bay leaf (tej patta)                                   |          |
| • 1 Brown cardamom (Badi Elaichi)                          |          |
| • 1 teaspoon Black Salt (Kala Namak)                       |          |
| • 1/4 teaspoon Garam masala powder                         |          |
| • 1 teaspoon Coriander Powder (Dhania)                     |          |
| • 1/2 teaspoon Black Salt (Kala Namak)                     |          |
| • Salt - to taste                                          |          |
| • Salt - to taste                                          |          |

## Preparation

- Drain the water in which the chickpeas/chole is soaked in.
- After 6 whistles reduce the.



## Macronutrients

| Calories (kcal) | Protein (g) | Carbs (g) | Fat (g) | Fiber (g) | Sugar (g) |
|-----------------|-------------|-----------|---------|-----------|-----------|
| 420             | 15          | 60        | 20      | 10        | 5         |

