

Recipe Name: Chole Masala Recipe - Dry Masala Chickpeas (Recipe)

Diet Type:

Course: Lunch

Cuisine: Punjabi

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Kabuli Channa - Soak it overnight and then boil it	2
• oil - as per use	
• 1 teaspoon cumin seeds	
• 1/4 teaspoon ginger-paste	
• 2 teaspoons chana masala powder	
• 2 teaspoons red chilli powder	
• 1/4 teaspoon Spoon cumin powder	
• 2 teaspoon Amchoor powder	
• 1/4 teaspoon turmeric powder	
• 1 tablespoon Coriander powder	
• salt - as per taste	

Preparation

- To make Chole Masala, first of all, cook Kabuli Chana in a pressure cooker till 3 years.
- Take water out of it and keep it aside.
- Now heat oil in a pan and add cumin seeds.
- After 10 seconds, add ginger to it and cook for 30 seconds.
- Now add chola masala, r.

Macronutrients

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