

Recipe Name: Gram and Potato Dry Vegetable Recipe

Diet Type: Vegetarian

Course: Lunch

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Kabuli Chana (White Chickpeas) - boiled	3
• 3 Potatoes (Aloo) - boiled	
• 1 Onion - finely chopped	
• 1 Tomato - finely chopped	
• 1 Green Chilli - finely chopped	
• 1 tablespoon Ginger Garlic Paste	
• 1 teaspoon Red Chilli powder	
• 1/2 teaspoon Turmeric powder (Haldi)	
• 2 teaspoons Coriander Powder (Dhania)	
• 1 teaspoon Garam masala powder	
• 1 teaspoon Amchur (Dry Mango Powder)	
• 1 teaspoon Cumin seeds (Jeera)	
• 4 sprig Coriander (Dhania) Leaves - finely chopped for garnish	
• 1 inch Ginger - cut in juliennes (long thin strips) for garnish	
• 1 tablespoon Sunflower Oil	
• Salt - for taste	

Preparation

- To begin making Chana Aur Aloo Ki Sookhi Sabzi, soak the chickpea or chana over night and pressure cook the soaked chana in enough water for 3 whistles and keep aside.
- Similarly, wash and boil the potatoes with 1 cup water in a pressure cooker for 2 whistl.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	20	60	10	8	5