

Recipe Name: Tofu and Chickpea Patty Recipe (Cutlets)
Diet Type:
Course: Snack
Cuisine: Indian
Quantity: 1 patty



Ingredients

Ingredient	Quantity
• 200 grams Tofu - grated	4
• 1 cup Whole Wheat Bread crumbs - (optional)	
• 1 Onion - finely chopped	
• Coriander (Dhania) Leaves - small bunch	
• 2 Green Chillies - finely chopped	
• 2 inch Ginger - grated	
• 1 teaspoon Cumin powder (Jeera)	
• 1 cup Kala Chana (Brown Chickpeas) - cooked until soft	
• 2 teaspoon Chaat Masala Powder	
• Salt - to taste	
• Extra Virgin Olive Oil - for shallow frying	

Preparation

- To begin making the Chickpea & Tofu Patties Recipe, we first have to cook the chickpeas until soft.
- Note, that the chickpeas have to be soaked in water for atleast 6 hours before you can cook them.
- Click to see the video recipe of how to cook chickpeas in.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	20	10	10	5	2