

Recipe Name: Chickpea Coconut Milk Curry Recipe

Diet Type:

Course: Lunch

Cuisine: North Indian Recipes

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 1 cup Kabuli Chana (White Chickpeas) - soaked for 8 hours	4
• 1 Onion - finely chopped	
• 1 inch Ginger - finely chopped	
• 4 cloves Garlic - finely chopped	
• 1/2 cup Homemade tomato puree	
• 1/4 cup Coconut milk	
• 1/2 teaspoon Turmeric powder (Haldi)	
• 1 teaspoon Red Chilli powder	
• 1 teaspoon Cumin powder (Jeera)	
• 1 teaspoon Coriander Powder (Dhania)	
• 1 teaspoon Garam masala powder	
• 1 teaspoon Chaat Masala Powder	
• 1 tablespoon Ghee	
• Salt - to taste	

Preparation

- To begin making Chickpea Coconut Milk Curry Recipe, first soak 1 cup of chickpeas overnight in required water.
- Next day, transfer the chole along with 3 cups of water into a pressure cooker with some salt, close the pressure cooker.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
550	20	60	24	10	10