

Recipe Name: Spicy Chickpea Tacos Recipe With Indian Twist

Diet Type:

Course: Appetizer

Cuisine: Mexican

Quantity: 1 serving



Ingredients

Ingredient	Quantity
• 4 Hard taco shells	4
• 1 Tomato - finely chopped	
• 2 Onions - finely chopped	
• 2 Green Chillies - finely chopped	
• Coriander (Dhania) Leaves - finely chopped	
• 1 Cup Kabuli Chana (White Chickpeas) - soaked Overnight	
• 1 teaspoon Red Chilli powder	
• 1 teaspoon Turmeric powder (Haldi)	
• 1 teaspoon Coriander Powder (Dhania)	
• 1 tablespoon Chana Masala Powder	
• 1 Tablespoon Ginger Garlic Paste	
• Salt - to taste	
• Sunflower Oil - to cook	

Preparation

- To begin making Spicy Chickpea Tacos Recipe, boil the soaked chickpeas in a pressure cooker with 1 cup of water for 8 whistles until chickpeas are cooked.
- Turn off the flame and allow the pressure to release naturally.
- Set the chickpeas aside.
- Keep cooking on low heat.
- Once the onion is soft, add the dry spices - red chilli powder, turmeric powder, coriander powder.



- Now add chana masala and keep cooking for 5-7 minutes or till the chickpea is dry and coated with spices.
- Turn off the heat.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
350	15	50	10	12	5

