

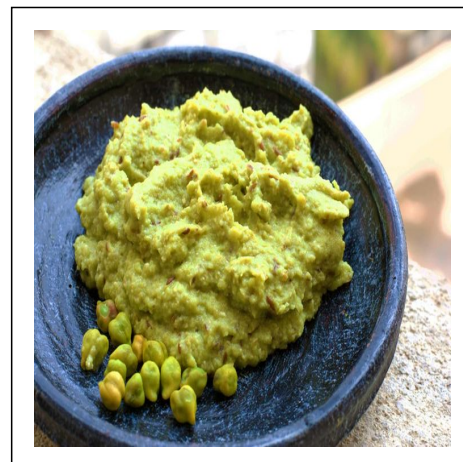
Recipe Name: Green Chana Chutney (Green Chickpea Chutney) Recipe

Diet Type:

Course: Side Dish

Cuisine: Rajasthani

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 1 cup Fresh green chickpeas - or frozen	2
• 3 Green Chillies - adjustable	
• 6 cloves Garlic	
• Salt - to taste	
• Water - as required	
• Sunflower Oil - as required	
• 1/2 tablespoon Cumin seeds (Jeera)	
• 2 tablespoons Curd (Dahi / Yogurt)	

Preparation

- To begin making the Green Chana Chutney recipe, take a grinder jar and add green chana, green chillies, garlic, water and salt.
- Grind the mixture in a paste.
- Take out the paste in a bowl.
- Next, heat a pan and add the required oil.
- Once oil is hot, add cumin seeds.
- Let it crackle.
- Next, add curd and keep stirring.
- After a minute, add the green chana paste and let it cook for another 2 minutes.
- After 2 minutes, switch off the stove and the chutney is ready to serve.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
120	6	18	4	5	2