

Recipe Name: Chole Biryani Recipe - Spicy Chana Biryani Recipe

Diet Type:

Course: Main Course

Cuisine: North Indian Recipes

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 1 cup Rice - washed and soaked	6
• 1 Cardamom (Elaichi) Pods/Seeds	
• 1 clove Cloves (Laung)	
• 1 inch Cinnamon Stick (Dalchini)	
• 1 Bay leaf (tej patta)	
• 1/2 cup Milk	
• 1 1/2 cup Water	
• 1 teaspoon Ghee	
• Salt - Salt to taste	
• 1/2 cup Onions - sliced	
• 2 teaspoons Sunflower Oil	
• 1 Potato (Aloo) - cut into cubes & soaked in salt water	
• 1/2 teaspoon Amchur (Dry Mango Powder)	
• 1/2 teaspoon Red Chilli powder	
• 1/2 Cumin powder (Jeera)	
• 1/4 cup Coriander (Dhania) Leaves - chopped	
• 1/4 cup Mint Leaves (Pudina)	
• 1 cup Kabuli Chana (White Chickpeas) - washed and soaked overnight.	
• 6 cloves Garlic - chopped	
• 1 inch Ginger - chopped	
• 1 Green Chilli - finely chopped	
• 1 teaspoon Garam masala powder	
• 1 teaspoon Red Chilli powder	
• 1/4 cup Curd (Dahi / Yogurt) - whisked	
• 1/2 teaspoon Turmeric powder (Haldi)	
• 1 Tomatoes - finely chopped	
• 1 tablespoon Ghee	
• Salt - to taste	



Preparation

- To begin making the Chole Masala Biryani Recipe, let us keep each of the elements ready.
- Caramelizing the onions takes a good 10 minutes.
- So ensure you do it on low heat.
- Once the onions are caramelised, drain it on absorbent paper and set aside.
- For the roasted potatoes In the same kadai add some more oil and pan roast potatoes until it gets a light brown colour.
- Sprinkle some salt and a pinch of turmeric powder to add taste to the roasted potatoes.
- Drain the roasted potatoes in absorbent paper and transfer it into a bowl.
- Sprinkle the dry masalas- cumin powder, red chilli powder and amchur and toss.
- For the Rice In a pan, heat ghee on medium flame, add cardamom, clove, bayleaf, cinnamon, and salt.
- Add the milk and water and bring to a rolling boil.
- When the milk-water comes to a boil, reduce the flame add the drained rice, cover and cook until the moisture is fully absorbed.
- Once cooked, turn off the flame and set aside.
- Transfer the rice into a mixing bowl and allow it to cool.
- Once the rice has completely cooled, add the coriander leaves, mint leaves, fried onions and potatoes.
- Give it a good mix.
- In a pressure cooker, add the kabuli chana, and one cup of water with salt.
- Pressure cook for 6 whistles, and turn down the flame and continue to cook for another 15 minutes.
- Turn off the flame and allow the pressure to release naturally.
- Drain the chana from its water and set aside.
- The tomatoes will take about 5 minutes to soften.
- Once they have softened, add the dry masalas- garam masala, red chilli powder, turmeric powder, salt and chole masala.
- Mix well.
- At this stage reduce the flame and add the yoghurt and the drained boiled chana.
- At the end of this procedure, we should have a semi gravy chole masala, the consistency shall not be too thick or too thin.
- To assemble Chole biryani recipe Grease a large glass bowl with ghee, sprinkle some coriander leaves, put a layer of the rice and press it down with the back of the ladle.
- Next add a layer of the chole masala.
- Repeat the layers till the bowl is full.
- You need press down each layer.
- Once each of those layers are pressed down well, place a plate upside down over the bowl and over



turn it.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
450	15	70	10	12	5

