

Recipe Name: Chole Capsicum Masala Recipe - Chole Capsicum Masala Recipe

Diet Type:

Course: Dinner

Cuisine: North Indian Recipes

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 1 cup Kabuli Channa - soaked boiled	4
• 1 green capsicum - chopped	
• 2 onions - finely chopped	
• 2 teaspoons ginger garlic paste	
• 2 teaspoons coriander powder	
• 1 teaspoon red chili powder	
• 1 teaspoon cumin powder	
• 1/2 teaspoon turmeric powder	
• 1 teaspoon Kasuri methi	
• 1/2 cup cashew nuts	
• 1 cup tomato puree	
• oil - to cook	
• salt - as per taste	

Preparation

- To make chickpea capsicum, soak cashew nuts in water for 12 to 15 minutes.
- Heat the oil in a skillet, cook the onion till it turns brown.
- Add ginger garlic paste and cook 1 minute.
- Add capsicum, and roast for 2-3 minutes.
- Now add cumin powder, coriander powder, turmeric and red chili powder and fry.
- Keep in mind that spices should not be burnt.
- Add tomato puree and boiled gram with 2 cups of water.
- Let it boil for 5 minutes and cook till the spices are mixed.
- Grind the soaked cashews.
- Add cashew paste to the curry with salt and cook for 4-5 minutes.
- Add kasuri methi and close the gas.



- Serve Chole Shimlamirch Masala with Phulka, Rice and Salad.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	10	40	8	10	5

