

Recipe Name: Lilve Ki Sabzi Recipe (Green Chickpea Curry)

Diet Type:

Course: Lunch

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• Sunflower Oil - as required	3
• 1 cup Fresh green chickpeas	
• 1 Potato (Aloo) - cubed	
• 1 Bay leaf (tej patta)	
• 1 Black cardamom (Badi Elaichi)	
• 1 tablespoon Ginger Garlic Paste	
• 1 Onion - finely chopped	
• 1 Onion - paste	
• 2 tablespoons Curd (Dahi / Yogurt)	
• 1 teaspoon Red Chilli powder	
• 3/4 teaspoon Turmeric powder (Haldi)	
• 1 teaspoon Coriander Powder (Dhania)	
• Salt - as required	
• Water - as required	
• 2 sprig Coriander (Dhania) Leaves - finely chopped	

Preparation

- To begin making the Lilve Ki Sabzi recipe, firstly heat oil in a heavy bottomed pan and add bay leaf, cloves and elaichi.
- Saute them for about 15 seconds and add the finely chopped onions.
- Cook them till they turns soft and translucent.
- Add the cubed potatoes and cook for another 5 minutes or until they become soft.
- Next, add in the ginger garlic paste and onion paste.
- Cook it for 2 to 3 minutes and then add all the masalas including red chilli powder, turmeric powder and coriander powder.
- Cook it for 2 minutes.
- Next add curd and the required salt.



- When the gravy starts leaving the oil from the sides, add the green chickpeas.
- After 5 minutes, add the required water, mix properly and cover the lid.
- Let it cook till the gravy thickens and the green chickpeas are cooked.
- Once it is done, garnish with coriander leaves and serve hot.
- Serve Lilve Ki Sabzi with hot steamed rice and rotis for a weekend meal.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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