

Recipe Name: Chole Semiya Pulao Recipe - Chickpea Vermicelli Pulao

Diet Type: Vegetarian

Course: Indian Breakfast

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 1-1/2 cups Semiya (Vermicelli) - roasted • 2 Onions - peeled and chopped • 1 Green Bell Pepper (Capsicum) - chopped • 1 Carrot (Gajjar) - peeled and chopped • 1/2 cup Kabuli Chana (White Chickpeas) - soaked for 8 hours & boiled until soft • 1 tablespoon Sunflower Oil - as required • 2 teaspoons Ghee • 1 teaspoon Cumin seeds (Jeera) • 1/2 teaspoon Red Chilli powder • 1/2 teaspoon Turmeric powder (Haldi) • 1/2 teaspoon Coriander Powder (Dhania) • 1/2 teaspoon Cumin powder (Jeera) • 1/2 teaspoon Amchur (Dry Mango Powder) • 1/2 teaspoon Chana Masala Powder • Salt - to taste • Coriander (Dhania) Leaves - as required	4

Preparation

- To begin making the Chole Semiya Pulao recipe, firstly boil water (almost 3 cups) in a pan.
- Add a little salt, semiya and boil it for about 5 to 7 minutes until the semiya is cooked.
- Once the semiya is cooked, drain the semiya well and wash it under running water.
- Let it drain completely.
- Fluff it gently with a fork and keep it aside.
- Heat oil and ghee in a heavy bottomed pan.
- Add cumin seeds and when it starts spluttering, add the onions.



- Mix well and let it cook for about 2 minutes.
- After 2 minutes, add in the cooked chickpeas and mix everything well.
- Now add the semiya, turn the heat to high and cook the Chole Semiya Pulao for about a minute or two.
- Garnish with chopped coriander leaves and serve hot.

Macronutrients

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