

Recipe Name: Sukhe Chole Recipe - Dry Masala Chickpeas

Diet Type:

Course: Lunch

Cuisine: Punjabi

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Kabuli Chana (White Chickpeas) - soaked overnight and boiled	2
• Sunflower Oil - as required	
• 1 teaspoon Cumin seeds (Jeera)	
• 1/4 teaspoon Ginger - paste	
• 2 teaspoon Chana Masala Powder	
• 2 teaspoon Red Chilli powder	
• 1/4 teaspoon Cumin powder (Jeera)	
• 2 teaspoon Amchur (Dry Mango Powder)	
• 1/4 teaspoon Turmeric powder (Haldi)	
• 1 tablespoon Coriander Powder (Dhania)	
• Salt - to taste	

Preparation

- To begin making the Sukhe Chole Recipe, cook the Chole Chana in a pressure cooker with salt and water for 3 whistles until they are soft.
- Drain and keep aside.
- Heat the oil in a wok/kadai, add the cumin seeds.
- When the seeds crackle, add ginger paste and cook for seconds.
- Add the chole masala, red chilli powder, amchur powder, turmeric powder, coriander powder, cumin seed powder and salt and saute for about a minute.
- After a minute, add the chana and mix well.
- Cook Sukhe Chole for another 2 minutes.
- Once done, switch off the gas and add chopped coriander leaves.
- Garnish Sukhe Chole with some ginger julienne.



Macronutrients

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