



## Ingredients

- 1 Sachet MAGGI Masala-ae-Magic
- 1.67 Cups Chickpeas (Kabuli Chana)
- 5 Cups Water
- 2 Teaspoons Oil
- 3 Onion (Chopped)
- 1 Teaspoon Ginger-Garlic Paste
- 3 Tomato (Chopped)
- 1.5 Tablespoons Coriander Seeds
- 1.5 Teaspoons Cumin Seeds
- 1.5 Teaspoons Red Chilli Powder
- 0.25 Teaspoon Turmeric Powder
- 50 gms Soya Granules
- 1 Teaspoon Garam Masala
- 1 Pinch Salt (To Taste)
- 2 Tablespoons Coriander Leaves (Chopped)

## Zubereitung

1. Wash and soak soya granules in hot water for 10 min.
2. Pressure cook kabuli chana and soya granules with 3 cups of water for 15 min after the first whistle. Grind together coriander seeds, cumin seeds, red chilli powder and turmeric powder with 1 tbsp of cooked chana into a paste.
3. In a kadhai heat oil and saute onion till they turn golden brown. Now add the paste made in step 2 along with tomatoes and saute till the tomatoes soften.
4. Add the remaining boiled chana, remaining 2 cups of water, garam masala, Maggi Masala-ae-Magic and salt to taste. Mix well and simmer for 5 minutes.
5. Garnish with fresh coriander leaves and serve hot.

### Nährewerte an

Carbohydrates	24.73 g
Energy	177.89 kcal
Fats	4.32 g
Protein	11.92 g

⌚ 48 Minutes

⊕ 4 Servings