



Chole Chana Chaat Recipe (Diabetic Friendly)

Ingredients

- Tablespoons MAGGI Hot & Sweet Tomato Chilli Sauce
- Tablespoons Dahi
- 1/2 1/2 Cups Black Chana (Black Chickpeas) (Soaked for 4-5 hrs)
- Cups Warm Water
- 1/4 1/4 Pinch Salt (To Taste)
- Teaspoon Garam Masala
- Tablespoon Cumin Powder
- gms Coriander Chutney
- Tablespoons Onion (Sliced)
- Teaspoons Sev
- gms Leaves Coriander
- gms Pomegranate seeds

Instruction

1. Pressure cook kabuli chana with 4 cups of water and salt to taste for 10 minutes after the first whistle. Allow it to cool, drain and keep aside.
2. Whisk NESTLE a+ dahi to smooth consistency.
3. Take Kabuli chana in a bowl, add chaat masala and mix well.
4. Spread a+ Dahi on top of Kabuli chana, sprinkle roasted cumin powder, green chutney, MAGGI Hot & Sweet sauce and chopped onion.
5. Garnish with sev, coriander leaves and pomegranate seeds. Serve immediately.

Nutrition

Carbohydrates	16.15 g
Energy	158.39 kcal
Fats	4.26 g
Protein	5.53 g

39 Minutes

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