



Katachi Amti Recipe (Diabetic Friendly)

Ingredients

- Sachet MAGGI Masala-ae-Magic (6 Grams)
- 1/2 1/2 Cups Black Chana (Black Chickpeas) (Soaked for 4-5 hrs)
- Teaspoons Oil
- Teaspoon Mustard Seeds
- Coriander Leaves (Chopped)
- Green Chillies (Chopped)
- Tomato (Medium, Chopped)
- Cloves Garlic (Chopped)
- Onion
- Teaspoon Red Chilli Powder
- 1/2 1/2 Teaspoon Turmeric Powder
- Teaspoon Goda Masala
- 1/2 1/2 Cups Water
- Teaspoons Fresh Coconut (Grated)
- Pinch Salt (To Taste)
- gms Coriander Leaves (Chopped)

Instruction

1. Half boil black chana in pressure cooker for 5 minutes after the first whistle. Strain and keep aside. (Do not discard the water)
2. In the same pressure cooker, heat oil, add mustard seeds and allow them to splutter. Add curry leaves, green chillies and garlic. Sauté till aromatic. Add onion and sauté till translucent. Add tomatoes, red chilli powder, turmeric powder and goda masala and fresh coconut. Sauté till the mixture leaves the sides and is cooked.
3. Add the half boiled chana and mix well. Add 3 1/2 cups water (Use the water strained after boiling the chana). Pressure cook for 2 whistles and turn off the flame.
4. Once the pressure is released, open the pressure cooker and check the consistency. Add MAGGI Masala-ae Magic and adjust salt to taste. Bring the mixture to a boil to thicken the gravy.
5. Garnish with fresh coriander leaves and serve hot with Amboli / Neer dosa or brown rice.

Nutrition

Carbohydrates	15.14 g
Energy	112.79 kcal
Fats	4.19 g
Protein	4.86 g

37 Minutes

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