



Chole - Spicy Chickpea Curry



Rich, aromatic chickpea curry served with rice or bhature

Ingredients

-  2 cups cooked chickpeas (or 1 can, drained)
-  2 medium onions, finely chopped

- 🍅 2 tomatoes, pureed
- 🧄 1 tbsp ginger-garlic paste
- 🛢️ 2 tbsp oil or ghee
- 🌱 1 tsp cumin seeds
- 🌶️ 1–2 green chilies, slit
- 🟡 1 tsp turmeric powder
- 🔴 1 tsp red chili powder
- 🌿 1½ tsp coriander powder
- 🧴 1 tsp garam masala
- 🧴 1½ tsp chole masala (optional)
- 🧂 Salt to taste
- 🌿 Fresh coriander leaves, chopped

Optional

- 🧴 Pinch of baking soda (if boiling dried chickpeas)
- 🍵 1 black tea bag (adds depth when boiling chickpeas)

Instructions

1. 🍷 Soak dried chickpeas overnight. Boil with baking soda and tea bag until soft. Discard tea bag.
2. 🔥 Heat oil in a pan. Add cumin seeds and green chilies. Sauté until aromatic.
3. 🍎 Add onions and cook until golden brown. Stir in ginger-garlic paste.
4. 🌶️ Add turmeric, chili powder, coriander powder, and chole masala. Mix well.
5. 🍅 Add tomato puree and cook until oil separates.
6. 🥘 Add chickpeas and ½ cup water. Simmer for 15–20 minutes. Mash a few chickpeas for thickness.
7. 🧴 Sprinkle garam masala, adjust salt, and simmer 5 more minutes.
8. 🌿 Garnish with fresh coriander.

Serving Suggestions

- **With rice:** 🍋 Serve over steamed basmati rice with a wedge of lemon.
- **With bhature:** 🟡 Pair with hot, fluffy bhature for a classic North Indian indulgence.

💡 *Tip: For deeper flavor, let the curry rest for 30 minutes before serving.*

