

Tawa Chole

(Spicy Chickpea Stir-fry)
(10 servings)



Ingredients:

- 2 tbsp Avocado oil
- 1 tsp Cumin seeds
- 1-2 minced green Chilies
- 1½ tsp minced Garlic
- 1 tsp minced Ginger
- 2 tsp Coriander powder
- 1 tsp Amchur (dried Mango powder)
- 1 tsp Garam Masala
- 1 tsp Paprika
- ¾ tsp Salt
- ½ tsp Cumin
- ½ tsp Turmeric
- ¼ tsp Black Pepper
- 1/8 tsp Cayenne
- 2 cans Chickpeas, drained
- 1½ tbsp Lemon juice
- Lemon wedges & chopped Cilantro for garnish

Method:

Add oil to a Dutch oven (or other heavy-bottomed pot) over medium heat, and once the oil is hot, add cumin seeds.

Once the cumin seeds brown, add the green chilies, garlic and ginger and stir-fry for one minute.

Add the spices (all at the same time), stir, add chickpeas, stir; then quickly add the lemon juice and TURN OFF THE HEAT so the spices don't burn.

Continue mixing (with the heat off) until the chickpeas are heated through.

Garnish with cilantro and serve with lemon wedges.