

Instant Pot Kolkata Ghugni Chaat – Indian Street Food

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/instant-pot-3qt-indian-food-recipe>

Ingredients:

- 2 cups dried peas white, vatana, soaked in warm water for 6-8 hours
- 2 1/2 cups water
- 1/2 teaspoon ginger minced
- 1/2 teaspoon cumin seeds
- 1/2 teaspoon turmeric powder
- 2 cloves
- 1 bay leaves
- 1/2 cinnamon stick
- 1 potatoes medium size and chopped
- 1 cup onions finely chopped
- 1 cup tomatoes deseeded and finely chopped
- 15 ginger strands, julienned
- 2 green chilies finely chopped
- 3 tablespoons tamarind pulp
- 1 1/2 teaspoons jaggery or sugar
- 1 1/2 teaspoons red chili powder
- 1 tablespoon masala chana
- 2 teaspoons cumin powder
- 1 teaspoon chaat masala
- 1/2 teaspoon Garam Masala
- 1 teaspoon mango powder amchur
- salt to taste
- 1/4 cup finely chopped cilantro
- chutney tamarind
- chutney cilantro
- lemons
- ginger julienned
- tomatoes chopped
- onions chopped
- 1 teaspoon chaat masala
- 1/4 teaspoon Garam Masala

Nutrition:

1. Calories: 630 calories
2. Carbohydrate: 143 grams
3. Fat: 6 grams
4. Fiber: 18 grams
5. Protein: 16 grams
6. Sodium: 540 milligrams
7. Sugar: 38 grams

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