

# Indian Paneer Pindi Chana (Chole) Masala

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-panneer-recipe>

## Ingredients:

- 2 cups chickpeas dry chickpeas soaked in water overnight
- 2 tablespoons tamarind tamarind paste
- 1 teaspoon black tea Or 1 tea bag steeped in 1/4 cup water for 10 minutes
- 1/4 pound paneer cubed or use firm tofu cubed to bite size pieces.
- 3 tablespoons olive oil
- 1/2 tablespoon cumin powder
- 1/2 teaspoon Garam Masala
- 1 tablespoon coriander powder
- 1 tablespoon ginger garlic paste Or use 1/2 inch ginger and 3 garlic cloves and very fine chop
- 1/2 teaspoon red pepper Powder
- 4 tablespoons cilantro or coriander leaves fine chopped
- 1/2 serrano pepper or any hot small pepper, thin sliced
- 1/2 teaspoon chaat masala Optional but recommended
- salt
- black pepper

## Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 20 milligrams
4. Fat: 18 grams
5. Fiber: 5 grams
6. Protein: 8 grams
7. SaturatedFat: 5 grams
8. Sodium: 540 milligrams
9. Sugar: 4 grams

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