

# Chole Biryani | Basmati Rice with Chickpeas

Yield: 2 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-saffron-basmati-rice-recipe>

## Ingredients:

- 1 tablespoon grapeseed oil
- 1 inch canela piece
- 2 cloves
- 1 green cardamom
- 1 star anise
- 6 black pepper corns 5-
- 4 cloves garlic 3-
- 2 inches ginger piece
- 1/2 red onion chopped
- 2 tomatoes chopped
- 1 teaspoon turmeric powder
- 1 teaspoon cayenne / red chilli powder
- 1/2 teaspoon garam masala powder
- 1/4 cup mint leaves chopped
- 1/2 cup cilantro leaves chopped
- salt to taste
- 1 can garbanzo beans / chickpeas, drained and rinsed
- 1 cup basmati rice
- 2 cups water
- 1/4 cup milk
- 1/2 teaspoon saffron strands
- 1 tablespoon ghee
- 6 cashew nuts 5-, roughly chopped
- 6 golden raisins 5-

## Nutrition:

1. Calories: 790 calories

2. Carbohydrate: 140 grams
3. Cholesterol: 5 milligrams
4. Fat: 17 grams
5. Fiber: 13 grams
6. Protein: 22 grams
7. SaturatedFat: 1 grams
8. Sodium: 1100 milligrams
9. Sugar: 7 grams

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