

Pakistani Chickpea Pulao

Yield: 4 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/pakistani-chickpea-recipe>

Ingredients:

- 2 cups chickpeas cooked
- 1 1/2 teaspoons coarse sea salt divided
- 1 cup basmati rice
- 4 cups water divided
- 2 tablespoons vegetable oil
- 1 piece cinnamon stick small
- 2 cloves
- 2 cardamom pods
- 1 bay leaf
- 2 cloves garlic peeled
- 1 inch ginger piece of, peeled
- 2 onions medium, peeled, halved, and thinly sliced
- 1 teaspoon ground coriander
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground black pepper freshly
- 1/4 teaspoon cayenne
- 1 cup crushed tomatoes
- 1/2 teaspoon turmeric
- 1/2 cup chopped almonds coarsely, for garnish, optional
- 1/2 cup chopped cilantro for garnish, optional
- 3 Thai chilies dried, stems removed
- 1 tablespoon vegetable oil
- 1 tablespoon sesame oil
- 1 white onion large sweet, about 1/2 pound, peeled and coarsely chopped
- 1/2 teaspoon coarse sea salt
- 1/4 cup pitted dates chopped

Nutrition:

1. Calories: 590 calories

2. Carbohydrate: 82 grams
3. Fat: 24 grams
4. Fiber: 11 grams
5. Protein: 14 grams
6. SaturatedFat: 2 grams
7. Sodium: 1520 milligrams
8. Sugar: 10 grams

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