

South Indian Restaurant Style Chana Masala

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/south-indian-dish-chana-masala-recipe>

Ingredients:

- 1 cup chickpeas Kabuli chana / Vella kadala, soaked overnight
- 3 cardamom
- 2 cloves
- 1 bayleaf
- 1/2 star anise thakolam
- 2 medium onion chopped
- 1 1/2 teaspoons ginger each Crushed, and garlic
- 2 green chilli slit legthwise
- 2 teaspoons chilli powder Kashmiri
- 3 teaspoons coriander powder
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon garam masala / Chicken masala, refer notes
- 1 tomato pureed
- 1/3 cup grated coconut
- 8 cashew nuts refer notes
- 1/2 teaspoon fennel seeds perumjeerakom
- 1/4 teaspoon poppy seeds refer notes
- salt
- 3 teaspoons oil / Ghee, I used ghee
- 2 tablespoons coriander leaves Chopped

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 24 grams
3. Fat: 9 grams
4. Fiber: 7 grams
5. Protein: 5 grams

6. SaturatedFat: 4 grams
 7. Sodium: 330 milligrams
 8. Sugar: 5 grams
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