

BLACK CHANA SALAD (PROTEIN RICH) (for 2 persons)

Ingredients :

- Black Chana according to requirement
- Onion - 1
- Tomato -1
- Coriander leaves
- Cumin powder
- Garam masala powder
- Green chilli - 1
- Rock Salt to taste
- Lemon Juice – 1/2

Process :

Soak chana overnight or for 8 hours. Then pressure cook it for 7-8 whistles. Once cooked, transfer to a jar and add cut onions, tomatoes, coriander leaves, cumin powder, ½ tsp garam masala powder, ¼ tsp red chilli powder (you can increase it if you want it spicy), ½ rock salt or pink salt, ½ tbsp of Lemon Juice.

Mix well. Your salad is ready.

For topping, you can add pumpkin seeds or flak seeds.