

CHANA SAAG RECIPE / SPINACH CHICKPEAS CURRY



Chana Saag Recipe / Spinach Chickpeas Curry is a smooth, creamy side dish made with white chickpeas, spinach and methi leaves. Chana means chickpeas and Saag means leafy greens (spinach and methi). This is one of my favourite vegetarian side dish for [chapathi](#) or [naan](#) or [jeera rice](#) or [bajra roti](#).

Once in a while, we go to Indian restaurant for lunch during weekend, the one dish which we like most is chana saag, the

restaurant's always have this dish in a buffet. We (me and my husband) both are foodies, love chana saag, so we want to replicate the same dish at home, we got the doubt, whether the restaurant's chef add only spinach or they add any other additional greens, after a long discussions, we thought of using two greens (spinach and methi) along with chickpeas, guess what, it tastes similar to restaurant style chana saag. I wanted to share the same recipe in my blog. For healthy version, we used only milk and yogurt. If you have cream, add it to the gravy instead of milk. I love to eat it with naan. Try this chana saag at home and let me know your feedback.

How to make Chana Saag Recipe / Spinach Chickpeas Curry

4.0 from 2 reviews

CHANA SAAG RECIPE / SPINACH CHICKPEAS CURRY



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Prep time

15 mins

Cook time

25 mins

Total time

40 mins

Chana Saag / Spinach chickpeas curry (Restaurant Style) is a

creamy and delicious side dish for chapathi or roti or jeera rice.

Author: Gayathri Ramanan

Recipe type: side dish for chapathi

Cuisine: Indian

Serves: 2

Ingredients

- 1 and $\frac{1}{4}$ Cup of Chickpeas (Boiled)
- 3 Tsp of Oil
- 1 Tsp of Cumin
- 1 Red Chilly
- 1 Red Onion, Finely Chopped
- 1 Green Chilly, Finely Chopped
- 2 Tsp of Ginger Garlic Paste
- $\frac{1}{2}$ Tsp of Red Chilly Powder
- $\frac{1}{2}$ Tsp of Turmeric Powder
- 2 Tsp of Coriander Powder
- $\frac{1}{2}$ Tsp of Cumin Powder
- $\frac{1}{4}$ Tsp of Garam Masala
- 2 Tbsp of Yogurt (Curd)
- 1 Big Tomato, Finely Chopped
- $\frac{1}{4}$ Cup of Milk
- 1 Tbsp of Besan Flour
- Salt to taste
- To Grind
- 2 Cups of Spinach (regular or baby spinach)
- 1 Cup of Methi Leaves (Fenugreek Leaves)
- 1 Green Chilly

Instructions

1. Wash both spinach and methi leaves in tap water to remove dirt and mud.
2. Heat a pan with little water, when it comes to boil, add spinach, green chilly and methi leaves. Cover and cook it for 2 mins. Remove from heat, cool it and grind it in a mixie / blender to a coarse paste NOT TO SMOOTH. DO NOT ADD EXCESS WATER. This step is called BLANCHING.

3. Heat a pan with oil, when it is hot, add red chilly, cumin, fry it for secs. Add onion and green chilly, fry till golden brown.
4. Add ginger garlic paste, fry till raw smell vanishes.
5. In a low flame, add turmeric powder, red chilly powder, coriander powder and cumin powder, fry it for 2 mins. DO NOT FRY IT IN HIGH FLAME.
6. Add yogurt , fry it.
7. Add tomato, fry it till soft.
8. Add spinach paste, fry it for few secs.
9. Add chana (boiled chickpeas), fry well with masala.
10. Add garam masala and fry it.
11. Add milk and 1 cup of water, simmer it and cook it for 10 mins.
12. Finally, in a bowl add besan flour and water, mix it to form a paste. Add this to the curry, combine everything together. Gravy turns thick by now. Cook it for few mins and turn it off.
13. Hot, delicious chana saag is ready to serve with chapathi or roti or naan or rice.

Notes

If you don't get methi leaves in your place, just use spinach alone.

You can also use canned chickpeas to make this curry.

Adding Milk is to get creamy taste. If you have cream, you can add instead.

You can follow the same recipe by adding aloo (potato) instead of chickpeas to get aloo palak.

Adjust the number of green chilly according to your taste.

Spinach Chickpeas Curry



Tags: [Chana Saag](#), [chana saag recipe](#), [Spinach Methi Chickpeas Curry recipe](#), [chole palak](#), [palak chole](#), [how to make chana saag at home](#), [authentic chana saag](#), [easy chana saag](#), [how to prepare chana saag](#), [how to make Spinach Chickpeas Curry](#), [Indian curry recipes](#), [Indian vegetarian side dish recipe](#), [side dish for chapathi](#), [side dish for naan](#), [chana saag recipe](#), [how to make chana saag](#), [spinach chickpeas curry](#).

Coconut Idly Podi / Thengai Podi Recipe



Coconut Idly Podi / Coconut Milagai Podi / Thengai podi recipe is a dry spice powder with a combination of dals, red chilly, garlic and coconut. This coconut spice powder is a flavorful, simple instant powder which we always have in our pantry. They

are so aromatic and tasty because of coconut and other spices in it. This is an authentic coconut idly podi recipe which I learned from my mother-in-law. Don't get confused with idly milagai podi which is a different recipe, I will share it later. You can have this coconut podi with [idly](#) or [dosa](#) or [upma](#) or plain rice with sesame oil / ghee.

How to make Coconut Idly Podi / Thengai Podi Recipe

Coconut Idly Podi / Thengai Podi Recipe



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Prep time

5 mins

Cook time

15 mins

Total time

20 mins

Coconut Idly Podi / Thengai Podi Recipe is a simple and flavorful recipe. It is a great accompaniment for idly, dosa, upma and rice.

Author: Gayathri Ramanan

Recipe type: Homemade

Cuisine: Indian

Serves: 3

Ingredients

- 1 Cup of Toor Dal
- 1 Cup of Urad Dal
- 1 Cup of Freshly Grated Coconut or Dry Desiccated Coconut
- $\frac{1}{2}$ Cup of Coriander (Dhaniya)
- 1 Cup to 1 and $\frac{1}{4}$ Cup of Red Chilly
- 10 Garlic Cloves
- $\frac{1}{4}$ Tsp of Asafoetida
- Salt to taste

Instructions

1. Heat a pan, dry roast all the ingredients except red chilly, garlic, asafoetida and salt, till they turn golden brown color and aroma arises. Once it done, turn off the flame. Heat a pan with oil, roast the red chilly, asafoetida and garlic, till they turn golden brown color.
2. Let it cool down for 5-10 mins.
3. In a mixie, grind all the ingredients together and salt to a fine powder. Store it in an airtight container.
4. Serve it with idly or dosa or upma or rice with gingelly oil.

Notes

Always store it in an airtight container.

To increase shelf life, use only dry spoon.

Adjust the number of red chilly according to your taste



Tags: [Coconut Idly Podi](#), [Thengai Podi Recipe](#), [coconut idly podi recipe](#), [thengai podi recipe](#), [idly podi recipe](#), [podu recipe](#), [side dish for idly dosa](#), [thengai milagai podi](#), [spiced coconut powder](#), [chutney powder](#), [thavana podi.](#), [coconut spice powder](#), [Coconut podi brahmin Style](#), [coconut podi](#), [thengai podi](#), [side dish for idly dosa](#)

Quinoa Vegetable Biryani / Indian Quinoa Recipes



Quinoa Vegetable Biryani

Quinoa biryani / Quinoa vegetable biryani is a super healthy and quick to make dish with lots of protein, no starch and it is a gluten free. I followed the [vegetable biryani recipe](#) and added quinoa instead of rice. I know, this dish may not look good but it tasted delicious with nutty flavor and filling.

Here I used red quinoa, you can also use white quinoa in this recipe. This quinoa biryani is good for weight watchers and diabetic people. Serve this quinoa biryani with [onion raita](#) or plain yogurt and chips. (please refer note section for tips)

Also refer my other two Indian quinoa recipes

1. [Quinoa Dosa](#)
2. [Quinoa Kuzhi Paniyaram](#)

Quinoa Vegetable Biryani / Indian Quinoa Recipes



[Save](#) [Print](#)

Prep time

10 mins

Cook time

30 mins

Total time

40 mins

Quinoa vegetable biryani is a super healthy recipe with lots of protein and it is a gluten free dish. I followed the same vegetable biryani recipe and added quinoa instead of rice. Serve this quinoa biryani with onion raita and chips.

Author: Gayathri Ramanan

Recipe type: lunch

Cuisine: Indian

Serves: 2

Ingredients

- 3 Tsp of Cooking Oil
- 3 Cloves
- 1 Cinnamon
- 2 Cardamom
- $\frac{1}{2}$ Tsp of Fennel Seeds
- Few Curry Leaves
- 1 Red Onion, Chopped
- 1 Green Chilly, Slit
- 2 Tsp of Ginger Garlic Paste
- 1 Tomato, Chopped
- 2 Tbsp of Yogurt
- 7 Mint Leaves, Whole
- $\frac{1}{4}$ Cup of Chopped Carrot
- $\frac{1}{4}$ Cup of Chopped Beans
- $\frac{1}{4}$ Cup of Peas (frozen)
- 2 Tsp of Coriander Powder
- 1 Tsp of Red Chilly Powder
- $\frac{1}{2}$ Tsp of Garam Masala
- $\frac{1}{2}$ Cup of Quinoa
- 1 Tbsp of Fried Onion (optional)
- $\frac{3}{4}$ Cup of Water or as needed (Refer your Quinoa bag)
- Salt to taste
- Coriander Leaves as needed

Instructions

1. Heat a pan with oil, when it is hot, add cloves, cardamom, cinnamon, fennel seeds, curry leaves, saute it for few secs, add onion and fry till it turns golden color.
2. Add green chilly and ginger garlic paste, fry for 2 mins until raw smell vanishes. Add tomato, fry till it turns soft and mushy.
3. Add mint leaves, coriander leaves, carrot, beans, peas, fry it for 2 mins.
4. Add coriander powder, red chilly powder and garam

masala, fry it for a 2 mins.

5. Add yogurt, fry well for a min.
6. Add quinoa, mix well with masala and add water, salt and fried onion, let it come to rolling boil, place the tight fitting lid and simmer it for 20 mins.
7. Remove it from heat and garnish it with coriander leaves and check for salt.
8. While serving, dig all the way to the bottom of the pot with a laddle to get a quick mix of masala and quinoa.
9. Hot, yummy quinoa vegetable biryani is ready to serve.

Notes

You can use any kinds of quinoa for biryani.

Fried onion is optional. Adding that gives you nice taste.

I didn't soak my quinoa, if you want. You can soak it for 15 mins and then cook.

Please check your quinoa bag for the required amount of water. Usually it will be 2 cups of water for 1 cup of quinoa. Since I added veggies and yogurt, I used $\frac{3}{4}$ cup of water for $\frac{1}{2}$ cup of quinoa.

Adjust the amount of spicy taste according to your taste buds. You can reduce the amount of vegetables, I love vegetables so I added a lot.

Quinoa Biryani



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Tags: [quinoa biryani](#), [quinoa vegetable biryani](#), [quinoa vegetable biryani recipe](#), [quinoa Indian recipes](#), [quinoa recipes](#), [quinoa rice](#), [how to cook quinoa in Indian cooking](#), [prepare indian style quinoa recipe](#), [quinoa recipes](#), [biryani recipes](#), [weight losing recipes](#), [diabetic recipes](#)

Tags: [Quinoa biryani](#), [quinoa vegetable biryani](#), [quinoa indian recipes](#), [how to cook quinoa in Indian style](#), [quinoa recipes indian](#)