

Easy Chole Masala Recipe / How to make Chole Bhatura



Chole Masala (Channa Masala) is a delicious and popular curry from Punjab. In India, it is often eaten with [Bhatura](#) and it is popularly called chole-bhatura. In this easy chole masala recipe (punjabi style), chickpeas are simmered with the mixture of onion, tomato, ginger garlic paste and spices. The great thing about this chole masala dish is spices we add make the curry fragrant and tasty. This chickpeas curry is without coconut can be served for [bhatura](#) or [roti](#) or rice.

Ingredients for Easy Chole Masala Recipe

Preparation Time: 8 hrs Cooking Time : 40 mins Serves : 5

To Pressure Cook

- 2 Cups of Chole (Chick Peas)
- Water as needed
- 1 Tsp of Oil
- Salt to taste

Spice Mix for Chole Masala

- 10 Black Pepper
- 2 Cloves
- 2 Black Cardamom
- 1 Medium size Cinnamon
- 1 Bay Leaf
- 1.5 Tsp of Cumin
- 1.5 Tsp of Fennel Seeds
- 2 Tsp of Coriander Powder
- 2 Red Chillies

To Make Gravy

- 3 Onion, Finely Chopped
- 5 Garlic Cloves + 1/2 Inch Ginger, Crushed to paste using mortar and pestle
- 1 Green Chilly, Slit it
- 4 Tomatoes
- 1/4 Tsp of Turmeric Powder
- 1/4 Tsp of Garam Maslaa
- 1/2 Tsp for Red Chilly Powder
- salt to taste
- 1 Tsp Lemon Juice or Pinch of Amchur Powder
- Cilantro for garnishing

Method for Easy Chole Masala Recipe

- Soak the chickpeas in water for overnight or 6-8 hrs. After that, rinse the chickpeas in a running tap water.
- In a pressure cooker, add chickpeas, required water, salt and oil, cook it for 15 whistles.
- Heat a pan, add all the spices listed under spice mix, roast it in a medium low flame, until they turn light brown and fragrant. After it cool down, grind in a dry grinder / mixie and keep it aside.
- Heat the same pan with oil, when it is hot, add onion, fry until it turns golden brown. Next, add ginger garlic paste, fry until raw smell vanishes.
- Then add the green chilly, turmeric powder, red chilly powder, garam masala and spice mix powder, fry well.
- Add tomatoes, saute them until it turns mushy.
- Then add cooked chole (chickpeas), stir well with masala.
- Add stock water in which chickpeas was cooked and add salt, mix well. Cover the pan with a lid and cook it in a low flame for 20 mins until the gravy turns thick. Finally mash some of the chickpeas, so that the consistency turns little thick but not thin. Turn off the stove.
- Finally add lemon juice, mix well. Garnish the chole masala with chopped corinader leaves.
- Serve this chickpeas curry with [bhatura](#).

Tips

- To save time, use canned chickpeas instead of dried ones.
- Adjust the amount of spicyness according to your taste.
- You can also use tomato paste in place of fresh tomatoes.



Chole Masala

Tags: [channa masala](#), [chole masala](#), [chole masala recipe](#), [chickpeas curry](#), [easy chole masala recipe](#), [bhatura chole masala recipe](#), [channa masala recipe](#), [punjabi chole masala](#), [prepare chole masala](#), [how to make chole masala](#), [north indian channa masala](#), [restaurant style chole masala](#), [side dish for naan and bhatura](#),

MINT PARATHA RECIPE



This green coloured mint paratha / pudhina paratha is a flavorful and tasty paratha recipe made with whole wheat flour, mint leaves, green chillies, ginger and other spices. This mint paratha recipe is very simple to make, a nice alternative to regular chapathi and it is filling for dinner. This is the first time I tried this mint chapathi, it tasted yummy with [lima beans curry](#) and [raita](#). Try this pudhina

paratha at home and let me know how it turned out.

Mint Paratha Recipe / Pudhina Paratha Recipe

Ingredients For Mint Paratha Recipe

Preparation Time: 40 mins Cooking Time:30 mins Serves: 9
Parathas

- 2 Cups of Whole Wheat Flour
- 1/4 Tsp of Cumin Powder
- 1/2 Tsp of Flax seed Powder
- 1 Tsp of Ghee (Clarified Butter)
- 2 Tsp of Oil
- Salt as needed
- 1 Cup of Warm Water

To Saute and Grind

- 3/4 Cup of Mint Leaves
- 2 Green Chillies
- 1/2 Inch Ginger, Grated

Method for Mint Paratha Recipe

- Wash the mint leaves, green chillies and ginger. Heat a pan with oil, saute the mint leaves, ginger and green chillies for few mins. Transfer it to a blender and grind it smooth by adding little water.
- In a mixing bowl, add whole wheat flour, cumin powder, flax seed powder, salt, ghee, oil and the ground mint mixture, mix all together with a fork, now add warm water little by little, start mixing with a fork or spoon. After it cool down, Knead it into a smooth dough, keep it covered and let it rest it for 30 mins.

- Heat a pan, meanwhile divide the dough into equal parts. Roll into thick parathas and transfer it to the hot pan. Cook both the sides of paratha until brown spots appears add some oil over the parathas.
- Repeat the same process for the rest of the dough.
- Serve it with any side dish of your choice. We had with [lima beans curry](#) and [onion raita](#).

Tips

- You can use dried mint leaves too instead of fresh mint leaves.
- Add ajwain or cumin for easy digestion.
- If you don't have flax seed powder, just leave it and add cumin powder alone.



MINT PARATHA

Tags: [mint paratha](#), [mint paratha recipe](#), [pudhina paratha](#), [pudhina paratha recipe](#), [how to make mint paratha at home](#), [prepare pudhina paratha](#), [easy paratha recipe](#), [chapathi recipe](#)

AVOCADO FLAX SEED CHAPATHI RECIPE



Avocado are native to Mexico, they are also called alligator pear or butter fruit in India. Avocado is a power packed fruit which consists of 20 essential nutrients. You can make lot of recipes with avocado like guacamole, salads, sandwiches, smoothies and so on. But today I am sharing Indian Bread recipe with avocado and it is called Avocado flax seed

chapathi recipe.

Avocado flax seed chapathi recipe is very good to our health, as it contains flax seed powder In addition to avocado. Flax seeds has omega 3 fatty acids, which is good for heart. As both avocado and flax seeds has good fats and healthy to heart, so I call this chapathi – heart healthy paratha. Try to include this healthy avocado flax seed chapathi recipe in your diet for lunch or dinner. Serve this avocado chapathi with raita or dal or any subzi.

How to make Avocado Chapathi

Prep Time : 35 mins Cook Time : 30 mins Serves : 10-12
Chapathi

Ingredients for Avocado flax seed chapathi Recipe

- 2 Cups of Whole Wheat Flour
- 1 Ripe Avocado
- 1 Tsp of Flax Seed Powder
- 1/2 tsp of Cumin
- 1 Tsp of Grated Ginger
- 1/2 Tsp of Turmeric Powder
- 3/4 Tsp of Black pepper Powder
- 2 Tbsp of Oil
- Salt and water as required

Method for Avocado flax seed

chapathi Recipe

- Wash the avocado and cut into two halves and remove the seeds. Scoop out the flesh part using spoon and mash well with spoon or grind it in mixie to a smooth paste.
- In a mixing bowl, add wheat flour, mashed avocado, grated ginger, black pepper powder, flax seed powder, turmeric powder, cumin, salt and oil. Mix well with hand. Add water little by little and knead well. until you get smooth dough. Leave the dough to rest for 30 mins. Divide the dough into equally sized balls. Roll out each balls into round shape.
- Heat a pan, when it is hot, place the rolled chapathi, cook on both sides until it turns golden brown colour.
- Serve hot with raita or any subzi or dal of your choice.

Tips

- To get soft chapathi, add 1/4 cup of thick curd while kneading the flour.
- For spicy taste and additional flavour, add green chillies instead of black pepper powder.
- If you don't get flax seed powder, just leave it.
- Addition of ginger and cumin for easy digestion.



Tags : [avocado chapathi](#), [avocado roti](#), [avocado paratha](#), [avocado flax seed chapathi](#), [flax seed paratha](#), [flax seed roti](#), [chapathi recipes](#), [roti recipes](#), [northindianrotirecipes](#), [butterfruitchapathi](#), [hearthealthyindianfood](#),