

Spicy Chickpea Stew (Basaik Karhi)


20 min

Total time

easy

Difficulty

350

kcal / serving

Ingredients

- ☐ 1/2 cup chickpeas (cooked)
- ☐ 1 tablespoon oil
- ☐ 1/2 onion, finely chopped
- ☐ 1 garlic clove, minced
- ☐ 1/2 teaspoon ginger, grated
- ☐ 1 green chili, chopped
- ☐ 1/2 teaspoon cumin seeds
- ☐ 1/2 teaspoon coriander powder
- ☐ 1/4 teaspoon turmeric powder
- ☐ 1/2 teaspoon red chili powder
- ☐ Salt to taste
- ☐ 1 cup water
- ☐ Fresh cilantro for garnish

Savor the rich flavors of this spicy chickpea stew, inspired by traditional recipes. Packed with protein and spices, it's a wholesome dish perfect for a quick meal.

Steps

- 1 Heat oil in a pan over medium heat.
- 2 Add cumin seeds and let them sizzle.
- 3 Stir in the chopped onion, garlic, ginger, and green chili. Sauté until the onion turns golden brown.
- 4 Add coriander powder, turmeric, red chili powder, and salt. Mix well.
- 5 Incorporate the cooked chickpeas and stir to coat them with the spices.
- 6 Pour in the water and bring the mixture to a boil. Reduce heat and let it simmer for 10 minutes.
- 7 Adjust seasoning if needed and garnish with fresh cilantro before serving.