Dinner, Indian

Bengali White Peas with Fenugreek Leaves

Soft white peas are simmered with fragrant fenugreek leaves, tomatoes and a warming blend of spices in this comforting Bengali snack. A final scatter of coriander brings it all together.



Vegetarian

510 min	145	23.3 g	5.9 g
time	calories	carbs	sugars

Ingredients, 3 servings

- [ ] 1 1/2 cups finely chopped fenugreek leaves (methi)
- [ ] 1 cup soaked and boiled safed vatana (dried white peas)
- [ ] 1 tsp oil
- [ ] 1/2 tsp cumin seeds (jeera)
- [ ] 1 bay leaf (tejpatta)
- [ ] 1/2 cup finely chopped onion
- [ ] 1/4 tsp grated ginger (adrak)
- [ ] 1/4 tsp grated garlic (lehsun)
- [ ] 1/2 cup finely chopped tomato
- [ ] 1/2 tsp haldi powder (turmeric powder)
- [ ] 1 tsp red chilli powder
- [ ] 1/2 tsp cumin seeds (jeera) powder
- [ ] 1/2 tsp garam masala
- [ ] salt (namak) to taste
- [ ] 1 tbsp finely chopped coriander (dhania)

Nutrition Facts

Per serving

Calories	**145**
Total fat	2.3 g
Saturated fat	Not listed
Sodium	22 mg
Total carbs	23.3 g
Fiber	3.4 g
Total sugars	5.9 g
Protein	7.8 g

Method

- [ ] **1** Begin by putting the safed vatana (dried white peas) in a bowl with plenty of water and letting them soak for 8 hours.
- [ ] **2** Pour off the soaking water, transfer the peas to a pressure cooker with 2 1/2 cups of fresh water, and cook until 3 to 4 whistles sound. Wait for all the pressure to release before opening the lid.
- [ ] **3** Set a deep non-stick pan over a medium flame and let the oil get hot, then scatter in the cumin seeds (jeera) and drop in the bay leaf (tejpatta). Saute them for 30 seconds.
- [ ] **4** Next go in the finely chopped onion, the grated ginger (adrak) and the grated garlic (lehsun). Keep everything moving over a medium flame for 2 to 3 minutes.
- [ ] **5** Now add the finely chopped fenugreek leaves (methi) and let them wilt over a medium flame, giving them 2 to 3 minutes of sauteing.
- [ ] **6** Build the masala by stirring the finely chopped tomato into the pan together with the haldi powder (turmeric powder), red chilli powder, cumin seeds (jeera) powder, garam masala, salt (namak) and 2 tbsp of water. Cook over a medium flame for 2 minutes, stirring occasionally.
- [ ] **7** Bring it all together by adding the boiled safed vatana along with the water they were cooked in. Stir everything through and let it cook over a medium flame for 8 to 10 minutes.
- [ ] **8** Fold in the finely chopped coriander (dhania) as the final touch.
- [ ] **9** Spoon into bowls and serve the ghugni hot.

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