Dinner, Indian

Tangy Green Peas Chaat with Fresh Herbs

Soft green peas are tossed with crisp onion, tomato and chillies, then brightened with chaat masala and lemon juice for a tangy snack. Mix it just before serving so every bite stays fresh.



Low fat

495 min	208	37.9 g	6.6 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 2 1/2 cups boiled hara chana (dried green peas)
- [ ] 1/2 cup finely chopped onion
- [ ] 1/4 cup finely chopped tomato
- [ ] 1 tsp finely chopped green chillies
- [ ] 2 tbsp finely chopped coriander (dhania)
- [ ] 1/4 tsp red chilli powder
- [ ] 1 tsp chaat masala
- [ ] 2 tsp lemon juice
- [ ] salt (namak) to taste

Method

- [ ] **1** Start by submerging the dried green peas (hara chana) in a generous amount of water and leave them to soak for 8 hours or overnight, then pour off the water.
- [ ] **2** Put the soaked, drained chana into a pressure cooker with sufficient water and cook until 4 whistles sound.
- [ ] **3** Let all the steam release fully before taking off the lid, then strain the cooked peas.
- [ ] **4** Move the boiled hara chana into a mixing bowl with some depth.
- [ ] **5** Stir in the finely chopped onion, finely chopped tomato, finely chopped green chillies and finely chopped coriander (dhania), then sprinkle in the red chilli powder, chaat masala, lemon juice and salt (namak) to taste, combining everything thoroughly.
- [ ] **6** Plate the hare chane ki chaat right away while it is fresh.

Nutrition Facts

Per serving

Calories	**208**
Total fat	0.8 g
Saturated fat	Not listed
Sodium	105 mg
Total carbs	37.9 g
Fiber	13.2 g
Total sugars	6.6 g
Protein	12.3 g

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