

Chana Pulao

Prep Time: 5 minutes Total Time: 40 minutes



Nutrition Facts

servings per container
Serving size (391g)

Amount per serving
Calories 400

	% Daily Value*
Total Fat 10g	13%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 70g	25%
Dietary Fiber 6g	21%
Total Sugars 3g	
Includes 0g Added Sugars	0%

Protein 8g	
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 2.3mg	15%
Potassium 280mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Ingredients

- 2 tablespoons oil.
- 1 large yellow onion, thinly sliced in half rings.
- 1 teaspoon garlic, minced.
- 1 teaspoon ginger, minced.
- 2 serrano peppers, diced.
- 2 teaspoons dried cloves.
- 8 peppercorns.
- 1 teaspoon cumin.
- ¼ teaspoon turmeric powder.
- ⅛ teaspoon ground cardamom.
- ¾ cup dried chickpeas (garbanzo beans), soaked over night.
- 1 ½ cups basmati rice, rinsed.
- 4 cups water.

Directions

1. Heat oil in a large pot, and add onions. Sauté for 10 minutes on medium-low heat until golden brown. Add minced garlic and ginger, and sauté on low heat for one minute. Add peppers and cook for a few seconds.
2. Add whole and ground spices. Cook for 2-3 minutes or until fragrant.
3. Stir in chickpeas and water and bring to a boil.
4. Add rice and lower to a simmer, and let the water boil out, about 8-10 minutes. Bring the heat down to low, and let the rice steam for 8-10 minutes with the lid on. Remove from heat and serve.



(Recipe adapted from: <https://www.pakistaneats.com/recipes/chana-pulao-chickpea-pilaf/#recipe>)

Pakistani cuisine is inspired by multiple regions from South/Central Asian all the way to Mughal influences. While a lot of their dishes are meat heavy, Pakistani cuisine is strictly halal, with no pork or alcohol, and emphasizes, strong hospitality, communal dining, and eating with the right hand

Staples: Rice, yogurt, and wheat.

Produce: Mangos, bananas, guavas, dates, onions, garlic, and ginger.

Animal products: Milk and halal meats.

Herbs/spices/flavoring: Cumin, turmeric, coriander, red chili, cardamom, cloves, and garlic.



Agricultural Products of Pakistan

Produce: Wheat, rice, mangos, dates, maize, and sugarcane.

Animal production: Goats, cattle, buffalos, and sheep.



Suggested Substitutions for Cultural Foods

Pita bread for roti

Jalapenos or serranos for Pakistani green chilies

Greek yogurt for dahi

Butter for ghee

Other Information:

Pakistan covers 881,913 km², and has a total population of about 261.7 million people. While Urdu and English are the official languages, Punjabi is the most spoken language, followed by Pashto, and Sindhi.

Images:
<https://pxhere.com/en/photo/1445049>
<https://www.daalrotibcn.com/>

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