



Carrot Chickpea Squares

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Details

Chickpea present in Carrot Chickpea Squares is a rich source of vitamins, minerals and fibre. Additionally, chickpeas are high in protein and make an excellent replacement for meat in vegetarian diet. Carrot adds up a good taste as well as nutritional twist to the recipe by providing a good source of fibre, vitamin and antioxidants.

Ingredients



2.0 Tbsp(23.0 gm) Chole



2.0 Grated Tbsp(14.0 gm) Carrot



1.0 Chopped Tbsp(8.0 gm) Onion



1.0 Chopped Tsp(0.92 gm) Coriander Leaves



1/2 Tsp(3.0 gm) Ginger Garlic Paste



1/2 Powder Tsp(1.0 gm) Red Chilly



1/4 Tsp(0.37 gm) Garam Masala



1/8 Tsp(0.29 gm) Haldi



1/8 Tsp(0.54 gm) Salt



1.0 Tsp(3.0 ml) Oil



15.0 MI(15.0 ml) Water



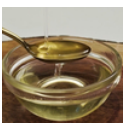
4.0 Tbsp(35.0 gm) Wheat Flour (Whole)



2.0 Tbsp(15.0 gm) Maida



1/8 Tsp(0.54 gm) Salt



2.0 Tbsp(12.0 ml) Oil



50.0 MI(50.0 ml) Water

Method (Step-By-Step)

- **For mixture**

In a kadai, heat 1 tsp cooking oil add 1 tbsp chopped onion and saute till golden brown.

- Add 1/2 tsp ginger garlic paste, 1/2 tsp red chilly powder, 1/8th tsp haldi, 1/4th tsp garam masala powder, 1/8th tsp salt, water and mix well.
- Add boiled & mashed chickpeas, 2 tbsp grated carrot, mix properly and allow to cook for a while.
- Add 1 tsp chopped coriander leaves on top and mix.

- **For Sheet**

In a bowl, add 2 tbsp wheat flour, 1 tbsp maida, 1/8th tsp salt, water, mix and knead into a soft dough.

- Cover and rest for 10 minutes.
- Roll out the dough ball using rolling pin.
- Add prepared mixture & seal in square shape.
- Heat oil in a kadai for frying.
- Deep fry squares till it turns golden brown.
- Serve hot with chutney.