

# Kabooli

Chickpea rice

## Ingredients

Ingredients	Quantity	Ingredients	Quantity
Basmati rice, washed in a number of changes of water, soaked in water to cover for 30 minutes, drained	2 cups / 400 gm	Cumin (jeera) seeds	1 tbsp / 6 gm
Dried chickpeas (kabooli Chana), boiled in 1 ½ cups of water until soft, drained	¾ cup / 112 gm	Green cardamoms (choti elaichi), seeds only	3
Refined oil	½ cup / 100 ml	Green chillies, finely chopped	4
Onions, sliced	½ cup / 60 gm	(pudina) leaves, finely chopped	
Yoghurt (dahi)	½ cup / 100 gm	Green coriander (hara dhaniya), finely chopped	1 tbsp / 4 gm
Ginger (adrak) paste	1 tsp / 6 gm	Garam masala	½ tsp / 1 gm
Garlic (lasan) paste	1 tsp / 6 gm	Milk	¼ cup / 50 ml
		Lemon (nimbu) juice	2 tbsp / 30 ml

## Method

1. Heat the oil in a pan; add the onions and sauté until brown. Reduce heat and add the yoghurt, ginger and garlic pastes, cumin and green cardamom seeds, green chillies, mint leaves, green coriander, garam masala, and salt. Mix well and continue to cook until the yoghurt is absorbed. Add the chickpeas to the spice mixture; mix well. Cook on simmer for 5-7 minutes.
2. Bring 5 cups water to the boil in a deep pan. Add the rice and ½ tsp salt; boil until the rice is more than half done. Remove from the heat and drain the excess water. Transfer rice onto a tray to cool.
3. In a ovenproof casserole spread ½ the rice. Cover with a layer of chickpeas. Sprinkle the milk over and then cover with an aluminium foil and then with a lid. Put the casserole in a preheated oven (170 C / 325 F) for 30 minutes.