

Chana Sundal

Swick

Serves 2 | Active Time: 20 minutes | Total Time: 25 minutes

- 1 to 2 tsp oil (such as coconut or avocado oil)
- 1/2 tsp mustard seeds
- 1 tsp urad dal (black gram) or use mung dal (petite green lentils), or channa dal
- 2 dried red chilies, broken into halves (cayenne or mild like california red)
- 10 curry leaves
- a generous pinch of asafoetida (hing) – optional
- 3 Tbsp shredded coconut (dried coconut)
- 3 Tbsp water
- 1 1/2 cups cooked chickpeas (canned or pressure cooked or slow cooker cooked)
- 1/2 tsp salt (less or more depending on if the cooked chickpeas are salted)
- 2 tsp chopped cilantro

To start, heat a large frypan over medium heat. Once hot, add the oil, followed by the mustard seeds and urad dal. Let cook for a minute or so, or until the dal turns golden brown.

Next, add the chiles, curry leaves, and asafoetida and cook for about 15 seconds and then add the coconut and water and stir to combine.

At this point, cover the pan and let cook for a minute or so to rehydrate the coconut.

Next, add cooked chickpeas and salt and stir to combine the ingredients. Cover again and cook for another 5 minutes. Lastly, add the cilantro and taste for seasoning. Serve immediately.