



My Singapore Food Journal



15/02/2024

S M T W T F S

* Meal of the day:

Lunch

* Location:

Homecooked food

* Occasion/Scenario:

Mid week home cooked lunch



Name of the dish

Chole Chawal

* Description of dish

The chickpea curry is made with tomatoes, onion, ginger garlic paste and spices. Rice is eaten alongside with curd and onion salad



Makan & Reflect

Chickpea curry and rice is a regular lunch in our house. This is a dish bursting with flavours and is filling too. It is a perfect combination of protein for nutrition with carbs to keep one full. Home made curd is usually eaten with this dish to sooth the spicy flavours of chickpea. A side of onions gives this dish more flavour. Additionally it can also include salad like cucumber and carrots for fibre which also enhances this dish's flavours.



Get creative!

