

# My Singapore Food Journal



15/02/2024

S M T W T F S

## \* Meal of the day:

Lunch

## \* Location:

Homecooked food

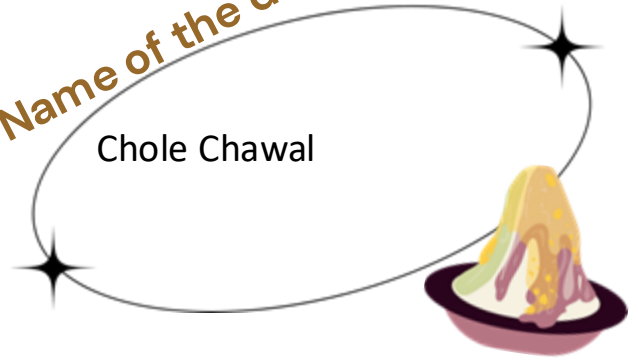
## \* Occasion/Scenario:

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!

