

Spiced Chickpea Snack

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Also called 'Sundal' in Chennai, it is a snack best shared with good friends with tea. I bet you cannot stop popping it into your mouth. This recipe is quicker and easier to make. So, when your friends arrive, you deal with the tea kettle and all the news your friends bring.

By Meera Vasudevan

Serves 4 | Prep time: 10 minutes | Cook time: 10 minutes












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INGREDIENTS:

- 
1 can chickpeas (15 oz), fully drained, rinsed and drained again.
- 
2 teaspoons cooking oil
- 
1/4 teaspoon mustard seeds
- 
1/4 teaspoon cayenne or red chili powder (depending on your desired heat level)
- 
1/4 teaspoon turmeric powder
- 
1-inch ginger root, peeled and finely grated
- 
6 – 8 curry leaves, whole (optional, if available)
- 
1 tablespoon shredded coconut
- 
Lemon or lime juice – to taste

PREPARATION:

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Heat the oil in a wok or wide pan. Keep the heat on

medium.

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Add the mustard seeds, and when they sputter, ensure you keep a lid lightly over it so they don't sputter on you.
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Add the chili powder, turmeric, ginger, curry leaves, stir together for a minute until the ginger is lightly browned and the curry leaves turn crisp.
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Add the chickpeas and salt to taste. Saute until the chickpeas are lightly fried, around 10 – 15 minutes.
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Add the coconut, sauté for another 2 – 3 minutes, until the coconut dries out and shrivels.
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Remove from heat. Add a few drops of lemon or lime juice to taste. It should have a slight tang but not be sour.
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Let it cool completely before you snack.

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Spiced Chickpea Snack

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