

## KABULI CHICK BEANS 12MM 2KG



Upgrade your pantry with **Swastik's 2kg pack of premium 12mm Kabuli**

**Chana** – the **largest, creamiest chickpeas** perfect for authentic Indian curries, Middle Eastern dips, and healthy snacking. These **extra-large, ivory-white chickpeas** are hand-sorted for **superior size, texture, and taste** – ideal for home cooks and professional chefs alike.

### **Swastik Kabuli Chana 12mm (2kg) - Premium Jumbo White Chickpeas (Family Pack)**

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#### **□ Why Choose This 2kg Pack?**

- ✓ **Jumbo 12mm Size** – 30% larger than regular chana for better mouthfeel
- ✓ **Restaurant-Quality** – Perfect for **chole bhature, hummus, falafel**
- ✓ **Protein Powerhouse** – 19g plant protein & 17g fiber per 100g (cooked)
- ✓ **Economical Bulk Pack** – Best value for families & regular users
- ✓ **100% Natural** – No additives, preservatives, or artificial polishing

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#### **□ Premium Quality Features**

- **Triple-Cleaned** – Free from dust & impurities
- **Slow-Grown** – For denser texture & richer flavor
- **Airtight Packaging** – Locks in freshness for longer shelf life

## □ **Perfect For:**

- **North Indian** – Chana masala, chole kulche
- **Middle Eastern** – Hummus, falafel, shawarma
- **Healthy Eating** – Salads, roasted snacks, soups
- **Vegan/Protein Diets** – Plant-based protein source

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## ♨ **Easy Cooking Guide**

1. **Soak:** 8-12 hours (or 1 hour quick soak in hot water)
2. **Cook:** Pressure cook 15-20 mins (or boil 45-60 mins)
3. **Use:** In curries, salads, or blend for dips

**Categories:** Lentile