

# BHEL

Serves 8

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## Ingredients

1 T garbanzo beans	1 t red chili
1 T black beans	½ t black pepper
¼ c frozen corn	1 t salt
¼ c fresh cilantro chopped	1 medium onion diced
1 medium tomato diced	1 lemon juiced
1 green chili chopped	1 c Murmura (Puffed rice)
1 t dry roasted cumin seeds	10 potato chips, crushed
powder	¼ c dry roasted peanuts

## Method

- In a medium sized bowl put drained beans and corn, cilantro, chili, cumin, lemon juice, salt, onions, tomato and salt.
- Mix murmura, peanuts, and crushed potato chips
- Combine the dry and wet ingredients just before serving. Taste for tart, chili and salt and adjust to add more if needed.
- Serve by pressing mix in a small circular bowl and then inverting it on to the serving plate.