



**Let's get cooking!** \* Enclosed you'll find almost everything to need to make delicious chatpate. You can also meet and watch your neighbor, Anay from Nepal, cook this dish online to see how it's done.

<https://youtu.be/L3vlokVSxIU>

This meal kit provides almost everything you need to make chapate.

**Chapate** is a popular savory snack, usually sold at street-side stalls all over South Asia. Nepali chatpate is made with puffed rice, dried noodles and peas, fresh cilantro, cucumber, onion, potato, lemon juice, fresh chili, and spices. It's so delicious and different! The softness of the potato contrasts with the crunch of dried noodles; the hot chili is balanced by the chopped cucumber. This really is a party in your mouth. *Note: If you are sensitive to heavy spices, you may want to be judicious with the chilis and chili powder.*



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Chatpate – serves 4 to 6, generously

Your kit contains all of the ingredients for chatpate except for those items in red.

Potatoes – 2 small, or 1 medium

Cucumbers - 1

Onions - 1

Chili peppers – 2 or 3 (these are very hot; use them to your personal taste)

**Cilantro – very generous handful, or skip it if you don't like cilantro!**

Mumbai mix – ½ c

Dried peas – 1/3 c

Bhungra (spicy flour rings, slightly crushed) – 1 c

Black salt – ½ t

Chili powder – 1t

Ground black mustard seed – ½ t

Lemon juice – 2-3 T or to taste

**Vegetable oil – around 2 T**

Note: The only cooking necessary is for the potato. You may want to do this in advance and have the potato chilled. Once that step is done, it's just a matter of some shopping and then mixing well and stirring. So easy and tasty!

Cook potato in boiling salted water until just fork tender, do not overcook. Cool then dice the potato.

Peel, seed and chop the cucumber. Finely chop the onion and chili peppers (use care when chopping hot peppers). Chop the cilantro.

See all vegetables aside.

In a large mixing bowl or other container (the bigger the better), combine Mumbai mix, dried peas and bhungra noodles. Stir to combine.

Next add chili powder, salt and mustard seed; mix well, making sure that all of the spices are distributed evenly. Add all vegetables and toss with lemon juice and oil, stirring well. Finally, add the puffed rice and stir. *By adding the puffed rice at the end, it will stay crunchy longer.*

**This must be eaten right away.** It won't keep well, because the puffed rice will get a bit soggy.

It's a perfect snack for game or movie night. Enjoy!