



The Cultured Chef



Evergreen

Chana Masala by Punya Panta

2 Servings

- 1 can of Chickpeas
- 30ml Canola Oil (not included in the meal kit)
- 2 Medium White Onions
- 1 Tablespoon of Chana Masala Powder
- 1 Tablespoon of Cumin Powder
- 1 Tablespoon Coriander Powder
- 1 Teaspoon of Turmeric Powder
- 2 Teaspoons of Salt (not included in the meal kit)
- ½ teaspoon Chili Powder
- 1 Tablespoon Cumin Seeds
- 2 Medium Tomatoes
- 5 Stems of Fresh Cilantro
- Fresh Ginger
- 2 Cloves of Garlic
- Co-op Naan Bread

Cooking Instructions:

You will need a large frying pan for this recipe.

Cut up tomatoes and onions into small pieces.

Mince ginger, garlic and cilantro.

Warm up half of the oil in the frying pan. Add cumin seeds in the frying pan to brown. Stir as the powder is frying. Once the cumin seeds are browned, add chopped onion and fry until caramelized. Add the rest of the spices, then add chopped tomatoes, and fry for a few minutes. Add ginger, garlic & salt.

Stir and cook for 4 to 5 minutes. You can then empty the ingredients into a blender straight from the frying pan. Add water if required to loosen up the mixture a bit. Open the tin of chickpeas and rinse. Add the other half of the oil back into the frying pan and heat again. Add the contents from the blender into the frying pan and add the chickpeas. Cook for 5 minutes. Add chopped cilantro once mixture is put into serving bowl. Serve with Co-op Naan Bread.