

# CHANA MASALA aka CHICKPEA CURRY

This is a dish we grew up with and is something that reminds me of home. It's good mood food for the soul and not only does it taste incredible, its nourishing, full of protein and a great veggie dish to serve up as a main meal or as a side serving to a whole feast. I love mopping this up with a hot buttery, garlic naan and dunking it into a mildly spiced raita and honestly – life feels great in that exact moment.

Recipe Serves: 6

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## BASE

1 tbsp Veg Oil  
200 g White Onion, diced  
3 Garlic Cloves, grated  
1 1/2 tbsp Ginger, grated  
2-3 Green Finger Chillies\*  
1 tsp Sea Salt  
0.75 tsp Turmeric  
1.5 tsp Garam Masala  
1 Bay Leaf  
1 tsp Dried Fenugreek Leaves  
5 g Coriander\*  
1 x 400 g tin Plum Tomatoes

## FILLING

1 x 400 g tin Chickpeas  
250 g White Potato\*\*  
0.5 tsp Onion Seeds  
125 - 150 ml Water  
1 tsp Tamarind Sauce  
Handful of Coriander\*

\* finely chopped  
\*\* peeled & quartered

## RICE

1 glass Basmati Rice  
1.75 glass Water  
0.5 White Onion, sliced  
10 g Salted Butter  
0.75 tsp Cumin Seeds

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- Into a large pan, add the oil and allow to sit for 1-2 mins on a medium heat.
- Start with the base by adding in the diced onions, a pinch of salt and sweat for approx. 5-7 mins. We want the onions to be caramelized before we move on so ensure they are translucent whilst taking on a lovely golden brown colour.
- Add in the garlic and ginger and cook for a few minutes before adding the chopped chillies, sea salt, turmeric, bay leaf, garam masala and fenugreek.
- Give it a good mix, allowing it to cook for a few mins.
- Add in the plum tomatoes, break them down with a wooden spoon and stir. We need this base to really reduce so it is thick in consistency, which will take about 20 mins. Make sure you stir often but let it do its thing.
- Once it has thickened and all liquid has evaporated, add in the coriander, and give it a good stir.

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- Next in is the fanned chickpeas (water included), onion seeds, tamarind sauce and the potatoes (make sure the potatoes are reasonably small. If you are using jumbo potatoes, quarter down again to ensure they cook through). Stir well.

- Pour in  $\frac{3}{4}$  of the water and mix. We are after a thickened gravy consistency so judge the amount of water and go in sparingly to begin. The amount of water you will need will be dependent on how reduced down your base was.

- The potatoes are going to cook in the curry, so reduce the heat down, place the lid on top and allow it to gently simmer for approx. 30-35 mins. In between this time, constantly check and stir. You will know when the curry is done once the potatoes are cooked through but still holding their shape.

- Whilst the curry is simmering, get started on the rice. In another saucepan add the chopped onions and gently heat in butter. Once melted, add in cumin, continue to sizzle for 2 mins. Stir well and pour in the water.

- Whilst the water is heating up, wash the rice thoroughly by placing it in a fine sieve. Rinse in cold water to remove starch until the water runs clear. Drain and add it to the saucepan. **NOTE:** DON'T skip the rice wash – this bit is key for fluffy rice. If you don't, you'll end up with sticky rice, which sure is great but not great for this recipe.

- Stir well, bring to the boil, and then lower the heat to a low simmer and place on the lid. Continue cooking the rice over a low heat for approx. 15mins until the water has cooked out. **NOTE:** Be patient here and do not stir whilst the rice is cooking. You'll know if the water has cooked out by listening to it – sounds weird I know BUT remove the pan from the heat, lift the lid and if you can no longer hear water bubbling, you should be good.

- Remove from the heat.

- Scatter on top the chopped coriander onto the chickpea curry, give it a good stir and serve hot alongside your rice, some raita and a green salad.