

Recipe

chana masala

This North Indian inspired chickpea curry dish is bursting with warming flavours like ginger, cinnamon, turmeric, and amchur which is a powdered mango! The chickpeas are simmered in a rich tomato sauce with sweet mango chunks, making it absolutely delicious when served with rice, yogurt, and naan bread!



Ingredients

1 glug of cooking oil	pinch of chilli flakes	1 tbsp of tomato paste
1 large red onion - diced	1 tsp of turmeric	400g of passata
1 bay leaf	1 tsp of ground coriander	400ml of water
1 cardamom pod	1 tbsp amchur (dried mango) powder (optional!)	½ mango diced
3 cloves of garlic - finely chopped	1 tsp of cumin	handful of fresh coriander - chopped
1 thumb of ginger - finely chopped	1 tbsp of garam masala	½ lemon squeezed
½ tsp of cinnamon	2 tins of chickpeas drained	

Method

add oil to wide pased pan on medium heat
add onions and cook until golden and caramelised
add bay leaf and cardamom and cook gently until fragrant
add diced garlic and ginger and cook gently for 5 minutes
add all remaining spices and mix well
add drained chickpeas and mix well to coat in spices
add tomato paste, mix and cook for 2 minutes
add passata and water and bring to a gentle simmer, allow to simmer for around 30 minutes
once you're happy with the sauce thickness, add your diced mango and cook for 5 minutes
when you're ready to serve, throw in most of your handful of chopped coriander (reserve some for garnish) and squeeze in your lemon juice
serve with rice, naan breads, raita and coriander to garnish

Please note: This recipe is correct at the time of publication on 08/08/2024. As we are continuously improving our recipes, it is essential to check the label on the dish packaging.

Nutritious delight with every bite

e. hello@nurserykitchen.co.uk t. 01245 808080
[nurserykitchen.co.uk](https://www.nurserykitchen.co.uk)   @nurserykitchen