

Chana Masala



*The tastes and aromas
of Indian food by
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Chana Masala is a quintessential North Indian vegetarian dish that's extremely popular throughout the subcontinent. Chana (or chickpeas) are a great source of iron, vitamin B, protein and fibre and a great substitute for meat. Serve with rice or breads to soak up the flavours and of course... enjoy!



Ingredients

- 2 cups pre-soaked and cooked chana; or 2 cans chickpeas, drained
- 2 tbsp vegetable oil
- 1 tsp cumin seeds
- 2 anise star seeds
- 1/4 inch piece of ginger, chopped finely
- 1 tsp garlic paste or 3-4 fresh garlic cloves, chopped finely
- 1 large onion finely chopped
- 2 medium size tomatoes, finely chopped
- 1/4 tsp turmeric powder
- 1 tsp red chilli powder
- 1/2 tsp cumin powder
- 1 tsp garam masala powder
- 1 tsp coriander powder
- 1/2 cup water or light coconut milk
- Salt to taste
- Small bunch of fresh coriander finely chopped, 1/2 sliced raw onion, 1 slice lime



Let's Create

1. Heat the oil in a pan and add the cumin seeds and anise star. When the seeds start to pop, add the ginger and garlic and fry for a few seconds on medium heat.
2. Add the onions and saute until soft and a nice brown colour.
3. Add the tomatoes and cook until oil starts to separate.
4. Add turmeric, chilli, cumin, coriander and garam masala powders. Fry for a minute.
5. Add the chana now and gently mix it into the onion and tomato paste with spices.
6. Add a little water to make gravy, or for a creamier taste, add 1/2 cup light coconut milk. Let all these beautiful spices coat the chana and cook for up to 10 mins before tasting and adding salt to taste.
7. Garnish with chopped coriander, sliced raw onion and a slice of lime.