

Chana Masala

Preparation time: 45 min

Difficulty: Easy

Ingredients

Chickpeas: 800gChilli powder: ½ tsp

• Coriander leaves, to serve: ½ small pack

Garam masala: 1 tsp
Garlic cloves: 3
Ghee: 1½ tbsp
Ginger: 5 cm

Green chillies chopped: 2/3
Ground coriander: ½ tsp
Ground cumin: ½ tsp

• Lemon, juiced: 1

Onions: 3Turmeric: 1 tsp



Preparation

- 1. Drain the chickpeas, add to a large pan with 400ml of water and season. Bring to the boil, then turn off the heat and set aside to allow the chickpea flavour to infuse the water.
- 2. Blitz the onions with the garlic, ginger and green chillies. Melt the ghee in a large saucepan, then add the onion mix with a pinch of salt and cook for 8-10 mins, until softened.
- 3. Stir in the spices, and cook for 3 more mins, adding a splash of the chickpea water to stop them sticking to the bottom of the pan. Add *Pomì Chopped Tomatoes* and another splash of water and cook for 5 mins, squishing the tomatoes with a spoon as they soften.
- 4. Tip in the chickpeas, along with their cooking water. Cook for 10 mins. Season well, add the lemon juice, and a splash of water if you like a looser curry. Serve with coriander leaves.

For this recipe we used:

Chopped Tomatoes 400 g

