



Vegetarian Channa Masala (Chickpea Curry)

Channa Masala is a North Indian curried dish made with chickpeas, onions, tomatoes, spices and herbs. Although it's a vegetarian dish, you'll probably be surprised by how flavourful and hearty it is.

Ingredients

For the spice mix

1 black cardamom
2 inch stick of cinnamon (or cassia bark)
¼ tsp fenugreek seeds
1 tsp cumin seeds
2 tsp coriander seeds
1-2 dried red chilli (optional)

For the curry

1 can chickpeas
1 tbsp mustard oil (you can use sunflower/vegetable oil)
1 medium onion chopped
1 medium tomato chopped
1 tsp ginger paste
1.5 tsp spice mix (prepared earlier)
2 tbsp chopped coriander
1 tsp chopped ginger (optional)
Salt to taste

Method

Begin by dry roasting and grinding the spices. You can prepare extra - they will keep in an airtight container for a few weeks.

Heat the oil in a pan and fry the chopped onions over a medium heat until translucent. Add the chopped tomatoes and mix. Cover and cook for 5 to 7 mins.

Then add ginger paste and the spice mix. Add a splash of water, cover and cook until the mix becomes 'jammy' and the oil separates.

Now it is the time to add your tin of drained chickpeas and salt. Mix well and add about 150ml water and 1 tbsp chopped coriander. You can change the water quantity depending on how much sauce you want. Cover and let it simmer for about 10mins.

Finally, garnish with the rest of the coriander and some chopped ginger. Enjoy!