

# CHANNA MASALA

## INGREDIENTS

250g chickpeas (serves 2-3)

Pre soak overnight. Wash and drain next morning. A BPA-free can will do as well.

2 tsp. Spicebox Organics **CHANNA MASALA SPICEBLEND**

1 onion *finely chopped*

½ ginger *finely chopped or grated*

2 - 3 cloves of garlic

1 - 2 tomatoes (medium size) *diced or puréed*

Turmeric powder

Your cold pressed organic oil of preference

Lemon juice & salt *to taste*

## DIRECTIONS

1



Boil pre-soaked chickpeas w/ a little salt until cooked.

2



Drain. Set aside, keep the water.

3



Heat oil, add onions and sauté until soft.

4



Add ginger & garlic and sauté well.

5



Add 1 tsp turmeric. Add 1 tbsp Spiceblend.

6



Add diced tomatoes, sauté well on low/med heat for 5 - 10 mins.

7

Add drained chickpeas, mix well. *At this point, you may wish to add leftover boiled water depending on how thick/thin you want the curry to be.* Taste and add salt if required.

8

Bring to a boil and shut the heat. Ready to garnish and serve.



### SERVING SUGGESTIONS:

Add lemon juice, garnish w/ fresh chopped mint or coriander before serving