



Chana Masala

with Rice and Spinach



20-30min



2 Servings

Chana Masala showcases chickpeas so beautifully it might as well be standing along the sidelines with a sign saying “Go Chickpeas!” A dish of Pakistani origin, it all comes together in no time at all with the flavor-boosting help of garam masala, a spice blend of cinnamon, cloves, cumin, peppercorns, and nutmeg. Cook, relax, and enjoy!

What we send

- medium yellow onion
- garam masala
- basmati rice
- large clove garlic
- can chickpeas
- cumin seeds
- tomato paste
- baby spinach

What you need

- coarse salt

Tools

- fine-mesh sieve
- large skillet
- small saucepan

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Energy 660.0kcal, Fat 15.6g, Proteins 23.0g, Carbs 98.5g



1. Cook rice

Rinse rice in a fine-mesh sieve until water runs clear and drain well. Bring rice, 1¼ cups water, and ¼ teaspoon salt to a boil in a small saucepan over high heat. Reduce to low, cover, and cook until rice is tender and liquid is absorbed, about 15 minutes. Keep covered until ready to serve.



2. Prep ingredients

Meanwhile, halve, peel, and finely chop onion. Peel and finely chop garlic. Rinse and drain chickpeas.



3. Cook aromatics

Heat 1 tablespoon oil in a large skillet over medium-high. Add cumin seeds and cook until they begin to pop, about 30 seconds. Add onions and cook until golden and softened, 3-5 minutes. Add garlic and cook until fragrant, about 1 minute more. Season with ¼ teaspoon salt and a few grinds pepper.



4. Cook chickpeas

Add garam masala, tomato paste, chickpeas, 1 cup water, and ¼ teaspoon salt and stir to combine. Reduce heat to low and simmer until flavors meld, about 10 minutes.



5. Add butter

Add butter to chickpeas and stir until melted, about 1 minute.



6. Finish & serve

Stir in spinach and cook, stirring, until wilted, 2-3 minutes. Season to taste with salt and pepper. Serve chana masala over rice. Enjoy!