

CHICKPEA CURRY 'CHLOE CHANA' RECIPE

Ingredients

- 250g (approx 1 cup) Chickpeas
- 1 Onion
- 3-4 Garlic Cloves
- 1 piece Ginger (crushed)
- 2-3 fresh Green Chillies
- 3-4 Tomatoes or Tomato Puree
- 1 Tbs Oil
- 2 Bay Leaves
- 2 Cinnamon Sticks (small)
- 2 Onions Sliced
- 3 Green Chillies
- Salt as required
- 1 tsp Red Chilli Powder
- 1/4 tsp Turmeric
- 1 tsp Coriander Powder (roasted)
- 1 tsp Cumin Powder (roasted)
- 1 tsp Chole Masala Powder
- Fresh Coriander (to garnish)

Method

1. Soak the chickpeas overnight (they should double in size) then pressure cook or cook on stove top until tender. Canned chickpeas can be used as a substitute.
2. In a blender make a paste from the onion, garlic, ginger and chillies. Set aside.
3. Puree the tomatoes, canned puree could also be used if fresh is not available.
4. Heat 1 Tbsp oil and then add two bay leaves and 2 pieces of cinnamon sticks, allow flavours to release.
5. Add two medium sized onions (sliced) and sauté until brown. Add chillies as per taste.
6. Add the blended onion, ginger and garlic paste and cook well.
7. Add the tomato puree and mix well to ensure all flavours combine.
8. Add salt, red chilli powder, coriander powder, cumin, chole masala powder. Stir and cook well to get a well blended paste.
9. Add the cooked chick peas and 1 cup of water and mix well and cook for 5-10 minutes to allow a well blended sauce to develop. The masala (spices) should blend perfectly with the chickpeas.
10. Garnish with fresh chopped coriander and serve hot with a fresh Indian bread or rice.



Did you Know Chickpea Curry or Chole Chana

- originates from the northern part of India therefore also known as Punjabi Chole. However, as with all Indian dishes, regional variations are common. No two recipes are alike!
- chickpea is also known as gram or garbanzo in America. It's high in protein.
- ground chickpeas, also known as chana flour or besan, is used frequently in Indian cuisine, for example to make a batter for pakoras.
- If you're short of time and looking for an authentic but convenient option, then try our *Chana Masala (Chickpea)* spice pre-mix. All the spices are pre-measured and packed in one sachet for convenience. All you do is add the fresh ingredients and cook! Restaurant style flavour combined with home style freshness. Prices start at \$2.99!

***all ingredients and recipe advice available at The Spice Rack Ltd!**