Chana Masala 3 servings

|  |  |
| --- | --- |
| Ingredients | Method |
| * 4 tsp to 2 Tbsp (20 to 30 mL) oil * 1 cup (250 mL) onion, finely chopped * 4 tsp (20 mL) ginger garlic paste * 1 cup (250 mL) tomato, finely chopped * 1 tsp (5 mL) salt * 1 tsp (5 mL) chili powder, or to taste * 2 tsp (10 mL) chana masala * 1 tsp (5 mL) garam masala * 1/2 tsp (2.5 mL) ground coriander * 1/2 tsp (2.5 mL) turmeric * 1/2 tsp (2.5 mL) kasoori methi * 1/8 tsp (0.5 mL) hing (asafoetida) * 1 1/4 cups (300 mL) canned chickpeas * 2 cups (500 mL) water, or as needed | 1. Heat the oil in a medium pan over low to medium heat. Add ginger garlic paste and sauté until the raw smell goes away. 2. Add onion and cook on low heat until the onion begins to turn a light golden colour (5-10 minutes). 3. Add tomatoes and salt. Cook until mixture turns mushy and soft. 4. Add spices and cook until the oil begins to separate from the mixture, about 10-15 minutes. 5. Deglaze the pot with some water, making sure to scrape everything off the bottom of the pot. 6. Add chickpeas and cook for a minute or two. Add water, cover and simmer for 20 minutes, until the sauce starts to thicken. 7. Serve warm with naan or rice. |