

Channa Masala in Coconut Curry

Chole Masala is a popular North Indian curry made with chickpeas and lots of spices including a special spice mix called "Chole Masala". This curry is an adaptation of the Punjabi Chole and is vegan friendly and is best enjoyed with rice or Parathas!

Ingredients:

- 2 cans of Chickpeas
- 1 can Coconut Milk
- 3 tablespoon Olive oil or avocado oil
- 2 whole cloves
- 1 inch piece Cinnamon stick
- 1 cup very finely chopped Red onions
- 2 teaspoon fresh Ginger
- 2 teaspoon fresh Garlic
- 1 Thai Chilli (thinly sliced or crushed)
- 2.5 cups pureed Tomatoes (from 4 medium tomatoes)
- ½ teaspoon Turmeric powder
- 3 teaspoons Chole masala (any brand)
- 1 teaspoon Kashmiri Chilli powder
- 3/4 teaspoon Cumin powder
- 1/4 teaspoon Garam masala
- 1 tablespoon Sugar (needed to round out the taste)
- 1-2 teaspoon Salt or to taste
- 1 tablespoon Kasuri Methi (dried fenugreek leaves)

Instructions

- Open and drain the cans of chickpeas. No need to rinse; however, add to a microwave safe glass bowl and microwave for 2 minutes, stirring once in the middle. Allow it to cool.
- Heat 2 tablespoons of oil in a large kadai or deep pot on medium-high heat. Add the



To garnish

- 1 inch ginger root cut into juliennes
- 2 tablespoons Cilantro chopped

whole cloves, cinnamon stick and finely chopped onions to the pot.

- Cook the onions until they are light golden brown in color, this takes around 3-4 minutes.
- Add the fresh Ginger and Garlic, Thai Chilli and cook until the raw smell has gone, about 1 minute.
- Add the tomato puree and stir. Cover the pot and cook the tomatoes for around 5 -6 minutes on medium heat until most of the moisture of the tomatoes has evaporated, stir every 2 to 3 minutes in between. This step of cooking the tomatoes is important as it develops the taste of the dish.
- Add the spices - Chole masala, Turmeric powder, Kashmiri chili powder, Cumin powder, Garam Masala, Kasuri methi, Sugar and Salt to taste. Stir and cook the spices for a minute.
- Add the boiled chickpeas, Coconut milk and a 1/2 cup of water rinsing the can. Stir thoroughly, cover the pan and let the curry simmer on low heat for 5 minutes. Simmering longer gives this curry a lot of flavor!
- If the gravy is too thick, adjust the consistency with a little water as needed.
- Garnish with ginger juliennes and chopped cilantro and serve the curry hot with Basmati rice, puffed Poori, Parathas and more!

Notes

- Make it healthier by adding a bag of baby spinach (preferably chopped) when you simmer the curry.
- Channa masala curry freezes well. Let the curry come down to room temperature, store in an airtight container and freeze.