

Chana Masala

Delicious authentic Indian **Chole** or **Chana Masala**, is quick and easy to make, and perfect to go with Bhature (Indian Bread) or some steamed rice. Chole Bhature is an extremely popular Indian dish in restaurants world wide and also a popular Street food in India. Enjoy!

Ingredients

oil of choice
2-3 bay leaves
small cinnamon stick
2 black cardamom pods
2 green cardamom pods
3 cloves
1 tsp cumin seeds
2 brown onions, finely chopped
2-3 garlic cloves, grated
1" fresh ginger, grated
2 tomatoes, finely chopped
1 $\frac{1}{2}$ tsp salt
1 tsp turmeric powder
2 tsp ground coriander
2 tsp garam masala
1 tsp amchoor powder
1 tsp pomegranate powder
800g tinned chickpeas

Method

- Add 3-4 tbsp oil to a hot pan. Add the bay leaves, cinnamon stick, cardamom, and cloves. Let them sizzle for 30 seconds.
- Add the cumin seeds and onions. Cook for 7-8 minutes until golden brown.
- Add the garlic and ginger. Mix well and cook for 1 minute.
- Add the tomatoes with a splash of water and cook for 5-6 minutes.

- Add the salt and all the spices with a splash of water. Mix well.
- Add the chickpeas with the aquafaba. Mix well, cover, and cook for 15-20 minutes.
- Use a potato masher to crush the chickpeas slightly.

You can enjoy it with some chapati or piping hot rice!