

Simple. Recipes

Serves 4 - 6 | Chana Masala (Chickpea Curry)

Ingredients

450g tin chickpeas, drained	1Tbsp Rapeseed/olive oil
1tsp cumin seeds	1 onion, finely chopped
2 cloves garlic, grated	25g ginger, grated
2 green chillies (seeds removed to reduce heat)	1-2tsp chilli powder (or to taste)
1 tbsp ground coriander	1 tsp turmeric
400g tinned tomatoes	1 tsp garam masala
1 tbsp lemon juice	handful of chopped fresh coriander

TIP: This recipe can be made ahead or cooked in a larger batch and then portioned and put in the freezer ready for when you need it. An easy, cheap and nutritious freezer meal!

Method

- 1 Heat the oil in a pan and when hot, add the cumin seeds and onion and fry gently for 5 minutes or until softened. Add the garlic, chilli, ginger and fry for another 1-2 minutes.

TIP: You can blitz the onion, garlic, ginger and chilli together in a mini chopper or food processor to save on time!

- 2 Add the dried spices (coriander, chilli powder, turmeric) and tomatoes, along with some salt and pepper for seasoning.
- 3 Add the chickpeas and simmer everything for around 20 minutes to thicken.
- 4 Stir in the garam masala, lemon juice and fresh coriander leaves.
- 5 Serve with a portion of brown rice or a couple of wholemeal chapatti and veg (broccoli, green beans or savoy cabbage work well!).

TIP: Frozen vegetables count towards your 5 a day, stir through some frozen spinach to increase your veg intake!

Don't be put off by the spices, once you have a few in your cupboard, this is really easy and you can then make so many dishes using different combinations.

Try a local Asian store to source spices more cheaply than the supermarkets!