



Fast! Chana Masala with Spinach

& Basmati Rice



ca. 20min



2 Servings

Chana masala showcases chickpeas so beautifully it might as well be standing on the sidelines with a sign saying "Go Chickpeas!" A dish of Pakistani origin, it all comes together in no time at all with the flavor-boosting help of garam masala, a spice blend of cinnamon, cloves, cumin, peppercorns, and nutmeg.

What we send

- 5 oz basmati rice
- 1 yellow onion
- garlic
- 15 oz can chickpeas
- ¼ oz cumin seeds
- ¼ oz garam masala
- 6 oz tomato paste
- 5 oz baby spinach

What you need

- kosher salt & ground pepper
- neutral oil
- butter ⁷

Tools

- small saucepan
- large skillet

Allergens

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 550kcal, Fat 18g, Carbs 102g, Protein 20g



1. Cook rice

In a small saucepan, combine **rice**, **1 ¼ cups water**, and **½ teaspoon salt**. Bring to a boil. Cover and cook over low heat until liquid is absorbed, about 17 minutes. Keep covered off heat until ready to serve.



2. Prep ingredients

Meanwhile, finely chop **onion**.

Finely chop **1 teaspoon garlic**.

Rinse and drain **chickpeas**.



3. Cook aromatics

Heat **1 tablespoon oil** in a large skillet over medium-high. Add **cumin seeds** and cook until they begin to pop, about 30 seconds. Add **onions** and cook until golden and softened, 3-5 minutes. Add **garlic** and cook until fragrant, about 1 minute more. Season with **salt** and **pepper**.



4. Cook chickpeas

Add **garam masala**, **chickpeas**, **2 tablespoons tomato paste**, **¼ teaspoon salt**, and **1 cup water**; stir to combine. Reduce heat to low and simmer until flavors meld, about 10 minutes. Add **1 tablespoon butter** and stir until melted, about 1 minute.



5. Add spinach & serve

Add **spinach** to skillet. Cover and cook until wilted, 2-3 minutes. Stir to combine. Season to taste with **salt** and **pepper**.

Fluff **rice** with a fork and serve **chana masala** over top. Enjoy!



6. Rate your plate!

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