

DINNERLY



Chicken Chana Dal & Cumin-Garlic Butter with Spinach & Basmati Rice



20-30min



2 Servings

Chickpeas and spices were made for each other and there's no better proof than in this deeply flavorful and colorful dish. We cook the canned beans with warm spices until the flavors are absorbed and the chickpeas become extra tender. Some beans get mashed for a thick texture while fresh spinach wilts in. Garlicky butter with toasted cumin seeds is the final fragrant garnish. We've got you covered!

WHAT WE SEND

- 5 oz basmati rice
- 1 lime
- ½ lb pkg chicken breast strips
- 15 oz can chickpeas
- ¼ oz turmeric
- ¼ oz chai spice
- 5 oz baby spinach
- ¼ oz cumin seeds

WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- butter ⁷

TOOLS

- small saucepan
- medium saucepan
- immersion blender, potato masher, or fork

COOKING TIP

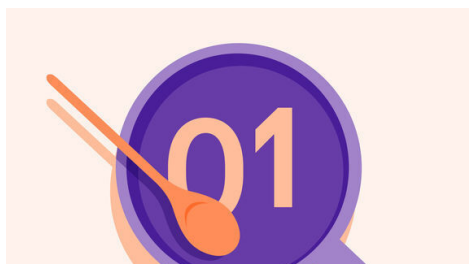
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ALLERGENS

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

NUTRITION PER SERVING

Calories 700kcal, Fat 28g, Carbs 109g, Protein 51g



1. Prep ingredients

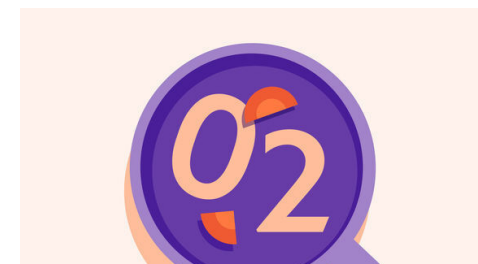
In a small saucepan, add **rice, 1¼ cups water**, and **½ teaspoon salt**. Bring to a boil. Cover and cook over low heat until rice is tender and liquid is absorbed, about 17 minutes. Keep covered until ready to serve.

Cut **lime** into 8 wedges. Thinly slice **2 large garlic cloves**.



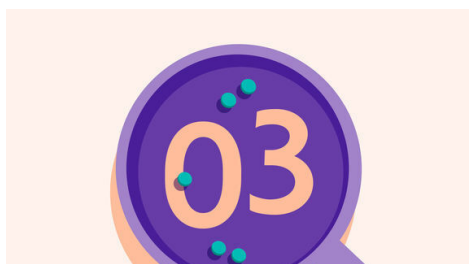
2. CHICKEN VARIATION

Pat **chicken** dry, then season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken in a single layer and cook, undisturbed, until browned on the bottom, about 3 minutes. Stir and cook until cooked through, about 2 minutes more.



3. Cook chana dal

In a medium saucepan, combine **chickpeas and their liquid**, **half of the garlic**, **¾ teaspoon turmeric**, **½ teaspoon chai spice**, **1 tablespoon butter**, **½ teaspoon salt**, and **1 cup water**; bring to a boil. Partially cover and reduce heat to simmer. Cook, stirring occasionally, until chickpeas are very tender, about 20 minutes (add ¼ cup water at a time as needed if too thick). Remove from heat.



4. Finish chana dal

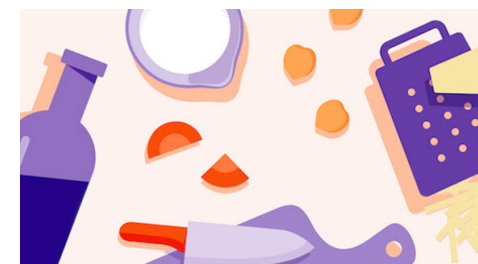
Using an immersion blender, potato masher, or fork, puree or mash **half of the chana dal** in saucepan. Stir in **spinach** until just wilted, then add chicken. Squeeze in **juice of 1 lime wedge**. Season to taste with **salt** and **pepper**.



5. Make butter & serve

Divide **rice** and **chana dal** between bowls. Wipe out medium skillet and add **2 tablespoons butter**; melt over medium heat. Add **remaining garlic** and **1 teaspoon cumin seeds**; cook, stirring constantly, until seeds are fragrant and lightly toasted, 2–3 minutes.

Drizzle **cumin-garlic butter** over **chana dal** and serve with **remaining lime wedges**. Enjoy!



6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!