

DINNERLY



Core Up! Chana Masala with Spinach & Ready-to-Heat Rice



ca. 20min



2 Servings

Chana Masala showcases chickpeas so beautifully it might as well be standing along 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

- 1 medium yellow onion
- 15 oz chickpeas
- ¼ oz cumin seeds
- ¼ oz garam masala
- 6 oz tomato paste
- 5 oz baby spinach
- 10 oz ready-to-heat basmati rice

WHAT YOU NEED

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

TOOLS

- fine-mesh sieve
- large skillet
- microwave

ALLERGENS

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

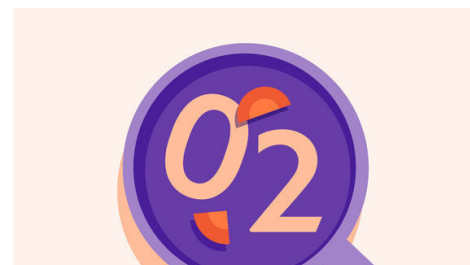
NUTRITION PER SERVING

Calories 0kcal



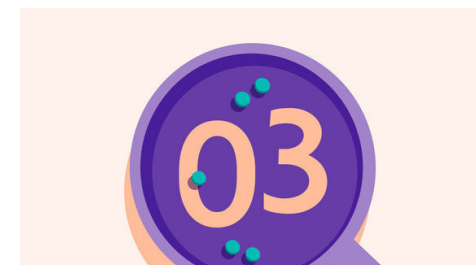
1. Prep ingredients

Finely chop **onion**. Finely chop **1 teaspoon garlic**. Rinse and drain **chickpeas**.



2. 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**.



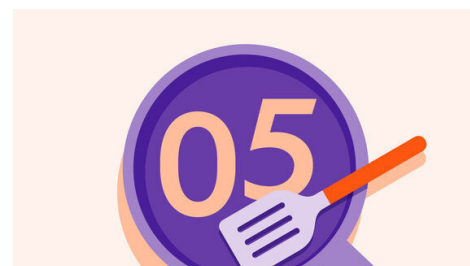
3. Cook chickpeas

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** to chickpeas and stir until melted, about 1 minute.



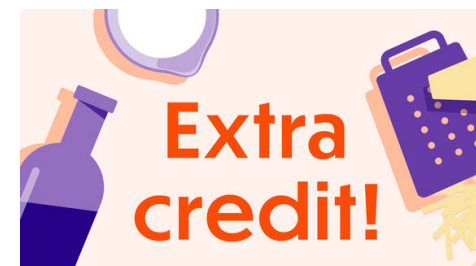
4. Add spinach

Add **spinach** to skillet. Cover and cook until wilted, 2–3 minutes. Stir to combine. Season to taste with **salt** and **pepper**. Remove from heat. Cover to keep warm.



5. Finish & serve

Transfer **rice** to a microwave safe bowl. Season with **salt**. Cover and microwave on high until warm, 1–2 minutes. Divide among bowls. (To cook rice on stove top: bring a small pot of salted water to boil. Add rice; cook until hot, about 2 minutes. Drain well). Spoon **chana masala** over top. Enjoy!



6.

Extra credit!