



20-Min: 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 yellow onion
- garlic
- 15 oz can 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

- 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 560kcal, Fat 20g, Carbs 104g, Protein 21g



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. Heat rice

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.



6. Serve

Enjoy!