



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!

When you rate your meals we can give you more of the flavors you love. Tell us what you thought of this recipe on the app or website.