

Chana Palak Masala

Written by W.J.Pais

Ingredients

	Quantity:	Measure:	Ingredients:	Description:
	500	Grams	Chana, whole (Kabuli Chana)	
3		Teacup	Palak Baji	Finely Chopped
2		Medium	Tomatoes	
1/2		Inch	Ginger	
1		Medium	Chillies Green	
3		Tablespoon	Cooking Oil	
1/4		Teaspoon	Asafetida (Hing)	
1		Teaspoon	Jeera/Cumin Seeds	
1		Tablespoon	Coriander Powder	
1/2		Teaspoon	Turmeric Powder	
1/2		Teaspoon	Chilly Powder, Red	
1/2		Teaspoon	Salt	
1/2		Teaspoon	Garam-Masala	

Method.

1. Drain the liquid out of the chickpeas and rinse the chick peas well.
2. Blend the tomatoes, green chillies, and ginger to make a puree.
3. Heat the oil in a saucepan. Test the heat by adding one cumin seed to the oil; if seed cracks right away oil is ready.
4. Add the asafetida and cumin seeds.
5. After the cumin seeds crack, add the tomato puree, coriander powder, turmeric, red chili powder and cook for about 4 minutes on medium heat.
6. Tomato mixture will start leaving the oil and will reduce to about half in quantity.

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7. Add spinach, and salt and one half cup of water and let it cook covered for 4 to 5 minutes on medium heat covered.

8. Add the chickpeas and mash them lightly with a spatula so they soften Note: add more water as needed to keep the gravy consistency to your liking, and let it cook on low heat for 7 to 8 minutes.

9. Add the garam masala and let it cook for another minute.