



CHANA MASALA

Heat Rating: Mild

Serves 4 (as a side dish)

Ingredients:

- 2 tablespoons of Mama Dor's Chana Masala spice blend
- 1 medium onion, diced
- 2 tablespoons natural yoghurt
- 2 tablespoons tomato puree
- 1 tablespoon extra virgin olive oil
- 1 400g can of chickpeas, drained

Method:

In a saucepan, fry the onion in olive oil, until golden brown. Take off the heat and add the Mama Dor's Spice Blend, the yoghurt, the tomato puree, and stir well. Put the pan back on the heat on a low temperature and allow the spice blend to cook a little. At this stage, add about 100ml of water (more if you want it saucier). Stir continuously until the sauce is bubbling and you start seeing the oil separating. At this point, add the chickpeas and stir well. Cover and let the flavours infuse on a low heat for about 10-15mins. Serve with a warm naan bread, and a cucumber raita.

Alternative uses:

This spice blend will work well with a variety of tinned pulses; kidney, cannellini, butter, borlotti beans work particularly well.

Mama Dor's Kitchen
www.mamadorskitchen.co.uk
hello@mamadorskitchen.co.uk
07834 117272
fb.me/mamadorskitchen