



Product Spotlight: Ginger

Store your ginger in the freezer! Peel or scrub first before you store. When needed take out a piece and grate while still frozen, it's actually easier than grating fresh!



3 Channa Masala with Red Rice

Warmly spiced chickpea curry, cooked with ginger and garam masala, served with red rice and a refreshing cucumber raita.



30 minutes



2 servings



Plant-Based

6 July 2020

Spice it up!

Ground cardamom, coriander or cumin are also flavours that work well with this dish! If you have any black mustard seeds, try adding 1 tsp to the aromatics to cook for more depth of flavour.

Per serve: **PROTEIN** 20g **TOTAL FAT** 25g **CARBOHYDRATES** 107g

FROM YOUR BOX

RED RICE	150g
GINGER	40g
LEEK	1/2 *
TOMATO	1
GREEN CAPSICUM	1
CHICKPEAS	400g
LEBANESE CUCUMBER	1
COCONUT YOGHURT	1 tub (120g)
BABY SPINACH	1/2 bag (100g) *
LIME	1
SNOW PEA SPROUTS	1/3 punnet*

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, garam masala, ground turmeric, fennel seeds, tomato paste

KEY UTENSILS

large frypan, saucepan

NOTES

In this recipe the aquafaba (liquid in the chickpea tin) is used. If you have accidentally drained the chickpeas you can substitute the liquid with 1 cup of water.



1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15–20 minutes until tender. Drain and rinse.



2. SAUTÉ THE AROMATICS

Peel and grate the ginger. Slice leek. Add to a frypan over medium heat with **1 tbsp oil**. Cook for 5 minutes until softened. Add **1/2 tsp fennel seeds, 1 tbsp garam masala** and **1 tsp turmeric** along with more oil if needed.



3. ADD VEGGIES & CHICKPEAS

Chop tomato and capsicum. Add to pan along with chickpeas (including water from tin, see notes) and **1 tbsp tomato paste**. Simmer for 15 minutes.



4. MAKE THE RAITA

Dice cucumber and combine with coconut yoghurt. Season with **salt and pepper**, set aside.



5. FINISH THE CHICKPEAS

Take the chickpea pan off heat. Stir spinach through along with 1/2 the lime zest and juice (wedge remaining). Season with **salt and pepper**.



6. FINISH AND PLATE

Divide rice and channa masala among bowls. Serve with raita and remaining lime wedges. Garnish with snow pea sprouts.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

