



### 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



4 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** 16g **TOTAL FAT** 17g **CARBOHYDRATES** 96g

## FROM YOUR BOX

RED RICE	300g
GINGER	40g
BROWN ONION	1
TOMATOES	2
GREEN CAPSICUM	1
CHICKPEAS	2 x 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 onion. Add to a frypan over medium heat with **2 tbsp oil**. Cook for 5 minutes until softened. Add **1 tsp fennel seeds, 2 tbsp garam masala** and **1/2 tsp turmeric** along with more oil if needed.



### 3. ADD VEGGIES & CHICKPEAS

Chop tomatoes and capsicum. Add to pan along with chickpeas (including water from tin, see notes) and **2 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](mailto:hello@dinnertwist.com.au)

