

Chickpea Spinach Curry (Chana Palak Masala)

- 1 cup chickpeas
- 3 tablespoon oil
- 1 large onion, chopped
- 4 cloves garlic, crushed
- 1 inch ginger root, grated
- 1 tablespoon ground coriander
- 1/2 tablespoon ground cumin
- 1/2 tablespoon ground turmeric
- 1/4 – 1/2 teaspoon cayenne pepper
- 1 can crushed tomato
- some water
- some frozen spinach
- 1 teaspoon salt
- 1 teaspoon sugar
- 1 teaspoon garam masala
- 1 tablespoon lemon juice
- 1/2 cup coconut milk
- 1 tablespoon cilantro, chopped

1. Soak chickpeas overnight, rinse.
2. Cook in pressure cooker until first whistle, then cook on low heat for 15 minutes. Wait to open pressure cooker.
3. Heat oil, saute onion until golden.
4. Mix in garlic & ginger.
5. Mix in coriander, cumin, turmeric, cayenne.
6. Mix in tomatoes, chickpeas, water.
7. Bring to boil, then simmer for 10 minutes.
8. Mix in salt, sugar, spinach and simmer for 5 minutes.
9. Mix in garam masala, lemon juice, coconut milk, remove from heat.
10. Garnish with cilantro.
11. Serve with rice or bread, with sliced onions, cut up lime and a green chili on the side

June 2023, based on The Fiery Vegetarian