

Main Ingredient: Channa

Chana Masala is a popular Indian dish of white chickpeas in a spicy and tangy gravy. In North India, this dish is called 'chole masala,' or simply 'chole'.















YIELDS 2 Servings



PREP TIME 20 mins



COOK TIME 20 mins



TOTAL TIME 40 mins

Ingredients

- Oil
- Onion
- Tomatoes
- Channa Masala
- Rinsed Channa
- Salt

Instructions

- Heat 1.5 to 2 tablespoons of oil in a pan or kadai (wok). Add 1/2 teaspoon ginger-garlic paste and saute for some seconds or until their raw aroma goes away.
- Then add 1/3 cup finely chopped onions. Saute stirring often till the onions soften and turn translucent or light brown.
- Add 1/2 cup finely chopped tomatoes. Saute the tomatoes stirring often until they soften and the oil starts
 to leave the sides of the onion-tomato mixture.
- Reduce the heat. Then add 1/2 teaspoon of Channa Masala and 1/4 teaspoon turmeric powder. Mix very well.
- Then add 2 to 3 slit green chilies. Add the cooked and drained chickpeas. Season with salt as per requirement. Mix again. The chana masala is ready to be served.