



Chana saag (spinach, tomato and chickpea curry)

Serves 4

Ingredients

- 3 tbsp rapeseed oil
- ½ tsp black mustard seeds
- 1 tsp cumin seeds
- 2 onions, diced
- 5 cloves garlic, minced
- 2cm ginger, peeled and grated
- 1 x 400g tin of chopped tomatoes
- 1 x 400g tin of chickpeas, drained
- 1 ½ tsp ground coriander
- 1 tsp chilli powder
- ½ tsp ground turmeric
- 1 tsp salt
- 500g spinach, washed



Method

1. Put a saucepan on a medium heat and add the oil. Once hot add the cumin and mustard seed. Once the mustard starts to pop add the onion. Reduce to a low heat and gently fry for 10 minutes, until they start to go translucent and slightly caramelize.
2. Now add the garlic and ginger and continue to cook for another 3 minutes, then add the tinned tomatoes. Fill the empty tin one third with water and add to the pan. Cook for 10 minutes, until quite dry and paste like.
3. Next add the chick peas, followed by the coriander, chili powder, turmeric and salt. Toss the chickpeas around in the paste and add the spinach and stir to help wilt in. Cook for another 4 minutes, until the spinach is nice and tender.



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