



# Chana Masala - mild

## Ingredients:

1tblsp ghee, butter, clarified butter (or a couple of splashes of oil)  
450g or 1 big onion, chopped up into a rough dice  
60g or 2 fat inches of ginger, grated or whizzed  
4 cloves of garlic, finely chopped or whizzed  
1 pkt of *GREEN SAFFRON CHANA MASALA* mix  
1 tin chopped tomatoes  
1 tin chick peas  
A couple tsp of *GREEN SAFFRON Garam Masala* (optional)

## Method:

1. Put the ghee (butter or oil) into a heavy bottomed saucepan or casserole dish and heat on a medium flame (temperature).
2. Add the onion, ginger, garlic and sweat gently on a low heat until the onions have softened and the garlic gives off its gorgeous fragrance. Try not to colour the garlic, as this will give it and the end dish a bitter flavour.
3. Add the packet of *GREEN SAFFRON CHANA MASALA mix* and stir for a couple of minutes to combine all the flavours. It may look a bit dry at this stage, but don't worry...it's all good!
4. Open the tins, drain the chick peas in a sieve. Discard the salty water from the chick peas – you're not going to need it. Pour the chick peas and chopped tomatoes into the pan, turn up the heat and gently stir.
5. Heat the mixture until it just starts to bubble, then turn the heat down and simmer for a few minutes, 5 or 10 minutes will do.
6. Then, turn the heat off, sprinkle with *GREEN SAFFRON Garam Masala* and serve immediately.....simple!

## Serving suggestion:

Serve with loads of steaming, fluffy Indian Basmati Rice as part of an Indian meal or serve by itself with a couple of chapattis and riata.....

## Remember:

This recipe has been tried and tested by the Green Saffron Masaalchi and is pretty much guaranteed, but if you want to change the quantities of a couple of ingredients go for it....experiment and enjoy your cooking. With Green Saffron spices you can't go wrong!!!

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