INDIAN · LUNCH · DINNER

Creamy Chana Masala (No Cream)

40 min · Serves 3 · 397 kcal a serve · Video 7:54 · Skinny Recipes

Vegan · Gluten-free ingredients

Chickpeas give about 14 g of protein and 13 g of fibre per serve, plus folate and iron, and a few cashews make the gravy creamy instead of cream or butter. Just over 2 tbsp of oil for the whole pan.

Diet notes: Low saturated fat (1.6 g, 4% of the energy); DASH-friendly (410 mg sodium a serve).

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Ingredients 19 · SERVES 3

- [ ] 2⅓ tbsp **wood-pressed groundnut oil** (2 tbsp + 1 tsp)
- [ ] ½ **cinnamon** stick, broken
- [ ] ½ blade of mace and 4 **cloves**
- [ ] 2 medium **onions**, sliced
- [ ] **pink salt** to taste (the chickpeas were boiled with salt)
- [ ] 1-inch piece **ginger**, chopped
- [ ] 6–7 **garlic** cloves, chopped
- [ ] 2 tsp **Kashmiri chilli powder** + ⅓ tsp for the chickpeas
- [ ] ¾ tsp **turmeric powder** (½ tsp + ¼ tsp)
- [ ] ½ tsp **coriander powder**
- [ ] ½ tsp **cumin powder** (jeera)
- [ ] ½ tsp **cumin seeds**
- [ ] 10–12 **cashews**
- [ ] 2 medium **tomatoes**, chopped
- [ ] 2 cups boiled **chickpeas** (chana)
- [ ] ½ tsp **garam masala**
- [ ] 2 tbsp **water** + 1 cup water, added little by little
- [ ] ½ medium **capsicum**, chopped
- [ ] a sprinkle of **coriander leaves**, chopped

Allergens found in the listed ingredients: Peanut, Tree nuts. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat 2 tbsp oil in a heavy pan, then turn the heat to the lowest. Add the cinnamon, mace and cloves, then the sliced onions and a little salt. Cook 2–3 minutes until translucent, add the ginger and garlic and sauté until the onions turn light golden. 0:19
2. Stir in the Kashmiri chilli, ½ tsp turmeric, coriander and cumin powders and roast for 20–30 seconds, then add the cashews. 2:17
3. Add the chopped tomatoes and 2 tbsp water, cover for 2 minutes, then mash lightly and sauté until the oil separates. Turn off the heat and let the masala cool completely. 3:07
4. Grind the cooled masala to a smooth, thick paste without adding water. 4:08
5. Heat 1 tsp oil in the same pan, crackle the cumin seeds, then on the lowest heat add the boiled chickpeas with ¼ tsp turmeric, ⅓ tsp Kashmiri chilli and the garam masala. Stir for 20–30 seconds to coat. 4:47
6. Add the ground masala, rinsing the grinder with 1 cup of water in stages. Bring to a boil on low heat and check the salt. 5:50
7. Stir in the chopped capsicum and coriander, turn off the heat and serve with roti or rice. 6:48

> **Tip** Serves 3 (our estimate). Cook dried chickpeas in bulk and freeze in 2-cup portions. The gravy thickens as it cools, so add a spoon of water if needed. Any cold-pressed oil can replace the groundnut oil.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
397 kcal	14 g	52 g	14 g	17 g	410 mg
1,660 kJ	29% of a day	38 g net · 13 g sugars	49% of a day	1.6 g saturated	18% of a day
		19% of a day		21% of a day	

Energy from net carbs 42% · protein 16% · fat 42%

High in (20%+ of a day) Omega-3 64% · Folate 60% · Vitamin C 48% · Iron 33% · Vitamin B6 33% · Magnesium 25% · Zinc 25% · Vitamin K 25% · Vitamin E 24%

Source of (10–19%) Potassium 19% · Selenium 13% · Calcium 10% · Vitamin A 10%

Recipe and video: Skinny Recipes (@skinnyrecipes) on YouTube — youtube.com/watch?v=FuJ46Leu-ig, published 18 March 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/creamy-chana-masala-no-cream