PAKISTANI · LUNCH · DINNER

Palak Chana Masala (Chickpeas with Spinach)

90 min · Serves 6 · 375 kcal a serve · Video 3:09 · Food Fusion

Vegetarian · Gluten-free ingredients · No nuts listed

Each serve has about 115 g of chickpeas and 90 g of spinach, giving roughly 12 g of fibre and 15 g of protein plus plenty of folate, iron and vitamin K. No cream; the butter and egg on top are optional.

Diet notes: Vegan if you leave out the butter and egg; Low saturated fat (2.9 g, 7% of the energy); No dairy if you leave out the butter.

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Ingredients 20 · SERVES 6

- [ ] 300 g **dried chickpeas** (chanay), soaked overnight
- [ ] 1 tsp **salt**, for boiling the chickpeas
- [ ] ½ tsp **turmeric powder**, for boiling the chickpeas
- [ ] ½ kg **spinach** (palak), chopped
- [ ] **Canola or vegetable oil**: 5–6 tbsp cooking oil
- [ ] 1 large **onion**, sliced
- [ ] 3 **dried red button chillies**
- [ ] 2 medium **tomatoes**, chopped
- [ ] ½ tbsp **ginger-garlic paste** (the garlic half)
- [ ] ½ tbsp **ginger-garlic paste** (the ginger half)
- [ ] **Water**: 3–4 tbsp, then 60 ml and 120 ml water, added in stages
- [ ] ½ tsp **salt** for the masala, or to taste
- [ ] ½ tsp **turmeric powder** for the masala
- [ ] 1 tsp **coriander powder**
- [ ] 1 tsp **red chilli powder**, or to taste
- [ ] ½ tsp **garam masala powder**
- [ ] 25 g **fresh fenugreek leaves** (methi), chopped
- [ ] 1 tbsp **ginger julienne**, plus a little extra to garnish
- [ ] 1 boiled **egg**, sliced, to garnish (optional)
- [ ] 1 tbsp **butter**, to serve (optional)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Egg, Milk. 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. Soak the chickpeas overnight. Drain, cover with fresh water, add 1 tsp salt and ½ tsp turmeric and boil, covered, until soft. Drain and set aside. 0:11
2. Blanch the chopped spinach in a pot of boiling water for 3–4 minutes, then drain. 0:38
3. Heat the oil in a wok and fry the sliced onion and dried red chillies until golden. Add the tomatoes and ginger-garlic paste and cook until the tomatoes soften, adding 3–4 tbsp water. 0:57
4. Stir in the salt, turmeric, coriander powder, chilli powder and garam masala, add 60 ml water and cook for 2 minutes. 1:31
5. Add the blanched spinach and mash it into the masala with a potato masher. Add the chickpeas and 120 ml water and cook for 3–4 minutes. 1:55
6. Add the fenugreek leaves and ginger julienne, cover and cook on low heat for 8–10 minutes. Serve topped with more ginger, and a little butter and a sliced boiled egg if you like. 2:19

> **Tip** Time excludes the overnight soak. Three 400 g tins of chickpeas, drained, replace the dried ones and cut the time to about 35 minutes. Leave out the butter and egg to keep it vegan; 4 tbsp oil makes it lighter.

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

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
375 kcal 1,570 kJ	15 g 30% of a day	41 g 29 g net · 8.6 g sugars 15% of a day

FIBRE	FAT	SODIUM
12 g 44% of a day	19 g 2.9 g saturated 24% of a day	670 mg 29% of a day

Energy from net carbs 33% · protein 17% · fat 50%

High in (20%+ of a day) Vitamin K 367% · Folate 96% · Omega-3 82% · Vitamin A 53% · Vitamin C 38% · Iron 36% · Magnesium 33% · Vitamin E 33% · Vitamin B6 26% · Zinc 23% · Potassium 22%

Source of (10–19%) Selenium 15% · Calcium 13%

Recipe and video: Food Fusion (@FoodfusionPk) on YouTube — youtube.com/watch?v=RGabsFRqbxY, published 28 January 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, 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/pakistani-palak-chana-masala