CARIBBEAN · LUNCH · DINNER

Trinidad Curry Channa and Aloo

90 min · Serves 6 · 393 kcal a serve · Video 6:25 · Trini Cooking with Natasha

Vegan · Gluten-free ingredients · No nuts listed

A vegan curry made from chickpeas and potato: each serve gives about 17 g plant protein and 16 g fibre, with no added sugar.

Diet notes: Low saturated fat (0.9 g, 2% of the energy); DASH-friendly (480 mg sodium a serve).

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Ingredients 17 · SERVES 6

- [ ] 400 g **dried channa** (chickpeas), soaked overnight and washed
- [ ] 3 **potatoes**, chopped
- [ ] 2 tbsp **oil**
- [ ] ¼ tsp fenugreek (methi) seeds
- [ ] ¼ tsp cumin (geera) seeds
- [ ] a few **curry leaves** (optional)
- [ ] 40 g chopped **onion**
- [ ] 2 pimento (seasoning) peppers, chopped
- [ ] ½ **scotch bonnet pepper**, chopped (optional)
- [ ] 2 tbsp minced **garlic**
- [ ] 2 level tbsp **mild curry powder** plus 1 level tbsp nine-spice curry powder
- [ ] ½ tsp **ground turmeric**
- [ ] 2 tbsp **green seasoning** (blended culantro, herbs and garlic)
- [ ] 1 tsp **salt**
- [ ] 120 ml **water** for the curry paste plus 1.4 L water to simmer (about half stays as the sauce)
- [ ] 1 tsp **baking powder** (optional, softens the channa)
- [ ] ½ tsp **roasted ground geera** (cumin), to finish

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

Allergens found in the listed ingredients: none. 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 channa overnight, then drain and rinse. Heat the oil in a heavy pot over medium heat and toast the fenugreek and cumin seeds on low until light brown (don't burn them), then add the curry leaves. 0:16
2. Add the onion, pimento peppers and scotch bonnet and cook until the edges start to brown. Only then stir in the garlic for about a minute so it doesn't turn bitter. 0:49
3. Add both curry powders and the turmeric and toast on low for 1–2 minutes until grainy. Pour in 120 ml water, turn the heat to medium and cook it down with 1 tbsp of the green seasoning until it becomes a thick paste and the oil separates. 1:28
4. Add the channa, the rest of the green seasoning and the salt. Cover with about 1.4 L water, bring to a simmer, then cover and cook low and slow until the chickpeas are tender. If they stay hard, stir in the baking powder. 3:08
5. Once the channa is soft, add the potatoes, cover and cook until tender. Mash some chickpeas and potato against the side of the pot so the runny sauce turns thick and creamy. 4:49
6. Stir in the roasted ground geera and serve. 5:40

> **Tip** Serves about 6 (our estimate). Time excludes the overnight soak. Serve with roti or rice. Short on time? Use about 4 × 400 g cans of chickpeas, drained, and simmer only until the potato is cooked.

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

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
393 kcal	17 g	64 g
1,640 kJ	33% of a day	48 g net · 9 g sugars
		23% of a day

FIBRE	FAT	SODIUM
16 g	9.2 g	480 mg
57% of a day	0.9 g saturated	21% of a day
	12% of a day	

Energy from net carbs 56% · protein 20% · fat 24%

High in (20%+ of a day) Folate 75% · Iron 36% · Vitamin B6 33% · Omega-3 31% · Magnesium 26% · Zinc 26% · Vitamin K 26% · Potassium 21%

Source of (10–19%) Vitamin C 18% · Vitamin E 16% · Selenium 13%

Recipe and video: Trini Cooking with Natasha (@TriniCookingwithNatasha) on YouTube — youtube.com/watch?v=R3kBU09o0mA, published 6 October 2025. 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/trini-curry-channa-aloo