

Mild Chickpea Curry or Chana Masala



Chana masala is a North Indian dish popular with vegetarians. India has the highest percentage of vegetarianism in the world ~38% and interestingly accounts for nearly 70% of the world's production of chickpeas and 66% consumption. The protein content of chickpeas (*Cicer arietinum*) when combined with rice is an excellent substitute for meat.

Meat provides all nine essential amino acids, but vegetarians need to balance their intake by combining foods. Legumes are low in the essential amino acid methionine, while rice is low in lysine. Rice and legumes are a happy combination found in several cultures around the world known for their longevity.

Chickpeas, also known as Garbazos in the Spanish speaking world, are thought to have originated in South East Turkey, where they are eaten in similar stews, in salads, falafal and of course as hummus. They are a filling food providing a slow-release of energy that is beneficial for diabetics and those who want to lose weight.

There are 2 types of chickpeas, 'kabuli' cream coloured and 'desi' darker colour and both are nutritional powerhouses containing excellent dietary fibre and antioxidants. This recipe uses organic 'kabuli' chickpeas that have been soaked overnight and steamed until soft and the organic ginger-garlic paste with coriander from our website.

Our 'Simply Natural' curry powder contains a wealth of beneficial spices namely, coriander, red chilli, cumin, sesame, fenugreek, mustard, cloves, cinnamon, cardamon, black pepper, asafoetida, mace, turmeric and nutmeg. In India 'amchoor' a dried unripe mango powder would be used for the traditional sour note, but lemon juice is a worthy substitute.

Credits: Ceri, Zenxin master chef

Key facts:

- Preparation: 5 mins
- Cooking: 64 mins
- Total: 69 mins
- Serves: 8-10

Ingredients:

- 20g cold-pressed sesame oil
- 1 tsp Simply Natural curry powder
- 150g organic red onion, chopped
- 150 g ripe, organic tomato, chopped
- 160g organic steamed pumpkin
- 2 tbsp organic ginger-garlic paste
- 160g organic tomato passata
- 1 tsp la Bio Idee tomato concentrate
- Reserved savoury liquid from chickpeas
- 500g soaked cooked organic chickpeas
- Organic stock concentrate
- Juice of ½ an organic lemon
- Freshly ground Simply Natural black pepper
- Slices of organic cucumber to garnish
- 2 teabags Organic Hibiscus Tea
- 1 organic lemongrass stalk, thinly sliced
- 2 tablespoons freshly squeezed organic calamansi juice
- 2 teaspoon fresh raw honey, to taste
- Some mint leaf, to garnish

Methods:

1. Pour the sesame oil into the Thermomix bowl and add the curry powder.
2. Stir-fry this and the ginger-garlic paste for about 6-8 minutes at 98°C on reverse to bring out the flavour.
3. Add in the onion, tomato and pumpkin and continue stir frying for another 6-8 mins.
4. Add in the passata, tomato concentrate and some reserved liquid from the chickpeas and cook for 40 minutes to bring the flavours together.
5. Taste and season with organic stock concentrate and lemon.
6. Add the cooked chickpeas and heat through for another 10 minutes.
7. Garnish with freshly ground black pepper and cucumber slices and serve over organic brown rice.