

Vegan chana masala — chickpea curry in 30 minutes

Our weeknight chickpea curry: bright, lightly spiced and entirely plant-based. Built on toasted cumin and coriander seeds with a tangy tomato-onion masala and a squeeze of lemon.

Prep: 10 min **Cook:** 20 min **Total:** 30 min **Serves:** 4 servings **Spice:** Medium

INGREDIENTS

- 2 x 400g tins chickpeas, drained and rinsed
- 3 tbsp vegetable oil
- 1 tsp cumin seeds
- 1 tsp coriander seeds, crushed
- 2 onions, finely chopped
- 1 tbsp ginger-garlic paste
- 2 green chillies, slit
- 400g tinned chopped tomatoes
- 1 tsp turmeric
- 1 tsp Kashmiri chilli powder
- 1 tsp ground cumin
- 1 tsp amchur (dry mango) powder
- 1 tsp garam masala
- Juice of 1/2 lemon
- Salt to taste
- Fresh coriander to finish

METHOD

1. Heat oil in a wide pan and toast cumin and crushed coriander seeds for 30 seconds.
2. Add onions and cook on medium heat for 8 minutes until soft and golden.
3. Stir in ginger-garlic paste and green chillies; cook 1 minute.
4. Add tomatoes, turmeric, Kashmiri chilli and ground cumin; simmer 8 minutes until the oil separates.
5. Stir in chickpeas with 200ml water; simmer 8 minutes.
6. Lightly crush a few chickpeas with the back of a spoon to thicken the sauce.
7. Finish with amchur, garam masala, lemon juice and salt.
8. Scatter with fresh coriander; serve with basmati rice or chapati.

CHEF'S TIPS

- Toasting whole seeds at the start gives chana masala its distinctive aroma — do not skip it.
- Amchur (dry mango powder) provides authentic tang. If unavailable, finish with extra lemon juice.
- Crushing a small handful of chickpeas naturally thickens the gravy without cream or flour.

ALLERGENS

Free from: Gluten, Dairy, Egg, Soy, Peanut, Tree nuts, Shellfish
Naturally vegan, gluten- and nut-free as written.

TOO BUSY TO COOK?

We cook this in our Richmond kitchen every evening from 4pm. Order collection or delivery at jaflongtandoori.online, or call 020 8332 1339. Catering for 10 to 200 guests:
jaflongtandoori.online/catering/hub