

# CHANA MASALA WITH SPINACH

SERVES 4 | ## MIN | 529 CAL | SIMMER

Our take on a traditional Indian dish with chickpeas (Chana), spices and coconut milk that is nutritious, flavorful and extremely satisfying. Practice your knife skills chopping and mincing onion, tomatoes and garlic, creating the base for your dish. Then, use the slow cooking simmer method to infuse all of the flavors and spices together.

\* Full learning experience at [cook.monj.com/72](https://cook.monj.com/72)



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CHEAT SHEET



## INGREDIENTS

### PRODUCE

16 oz Baby Spinach  
1 Medium Yellow Onion  
5 Cloves Garlic  
1.5 inches Ginger  
1-15 oz can Diced Tomatoes  
No Salt Added  
1 Bunch Cilantro leaves  
(optional)

### PANTRY STAPLES

Olive oil  
Kosher or Sea Salt  
Black pepper  
Red Pepper Flakes  
1 TBSP Curry Powder  
1.5 tsp Cumin

### EVERYTHING ELSE

1 Cup Brown Rice  
1-12 oz can Light Coconut Milk  
2-15 oz cans Chickpeas  
5 oz Plain Yogurt, Whole Milk  
(optional)



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## TIPS & TRICKS

### THE 3 KEYS TO SIMMER

The keys to a good simmer: 1) cut all ingredients into small, similar-sized pieces so they cook evenly 2) use enough liquid to cover the ingredients 3) cook low and slow, with small bubbles breaking the surface every couple of seconds.

### CULTURE FACT

Chana masala literally means "mix-spiced small-chickpeas." It is popular in India as both a street food and classic home-made dish. There are many variations, so don't be afraid to experiment.

### FRESH OR FROZEN?

Studies show frozen spinach has the same amount of nutrients as fresh spinach (if not more). Fresh spinach tends to lose its nutrient value after several days while frozen spinach is picked fresh and then flash frozen, lengthening its shelf life and locking in vitamins and minerals. Keep a stash in your freezer.

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## 1. SET UP YOUR SPACE

Get out all of your ingredients and equipment. Place a damp paper towel under your cutting board to stabilize and keep salt in a pinch bowl. Wash veggies and pat dry and rinse chickpeas under cold water.

## 2. COOK BROWN RICE

In a medium pot, add: **1 cup brown rice + 2 cups water + one 3 finger pinch of salt**. Place the pot on the stove over high heat and bring to a boil. Once the water boils, reduce heat and cook to package instructions. Set a timer!

## 3. PREP VEGGIES

Dice **1 medium onion** and rough chop **5 cloves of garlic**. Peel **1.5" of ginger** with a spoon and mince (about  $\frac{1}{8}$ " pieces). Add all to a bowl.

Rough chop **16 oz of spinach** (skip if using baby spinach) and place into a separate bowl.



## 4. SAUTÉ & SIMMER

Heat a large skillet for 3 min over medium high heat, then add **1.5 TBSP oil**. When hot, add the **onion, garlic and ginger**. Sauté for 4-5 min until veggies begin brown and soften. Add **1 TBSP curry powder + 1.5 tsp cumin + one pinch of salt + a pinch of black pepper + a pinch of red pepper flakes**. Stir and simmer for 1 min.

## 5. FINISH SIMMERING

Add **tomatoes, coconut milk and chickpeas** and stir. Let simmer for 15 min. Liquid should evaporate slightly and thicken. Add **spinach** in batches and mix gently. Let simmer for about 3 min until spinach wilts slightly. Season as needed.

## 6. SERVE IT UP

When rice is finished, fluff with a fork and distribute into bowls. Top with mixture, a dollop of **plain yogurt** and **cilantro**.