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Chickpea Tikka Masala

with Basmati, Yogurt, and Cilantro

This traditional Indian dish is famous for good reason. Nutty chickpeas are stewed in a fragrant tomato stew flavored with ginger, garlic, spicy peppers, and curry. Fluffy basmati rice soaks up the delicious sauce while cool yogurt and cilantro add brightness.



30 min



level 1



nut free



gluten free



veggie



Chickpeas



Onion



Green Beans



Diced Tomatoes



Ginger



Curry Powder



Serrano Pepper



Greek Yogurt




Cilantro



Basmati Rice

Ingredients

	2 People	4 People
Chickpeas	1 Box	2 Boxes
Onion	1	2
Green Beans	6 oz	12 oz
Diced Tomatoes	1 Box	2 Boxes
Ginger	1 Thumb	2 Thumbs
Curry Powder	1 t	2 t
Serrano Pepper 	1	2
Greek Yogurt 1)	¼ c	½ c
Cilantro	¼ oz	½ oz
Basmati Rice	¾ c	1 ½ c
Olive Oil*	1 t	2 t

*Not Included

Allergens

1) Milk

Tools

Small Pot, Peeler, Strainer, Large Pan

Ruler

0 in ¼ in ½ in ¾ in 1 in

Nutrition per person Calories: 634 cal | Fat: 8 g | Sat. Fat: 0 g | Protein: 29 g | Carbs: 112 g | Sugar: 14 g | Sodium: 547 mg | Fiber: 19 g

Make sure to wash and dry produce before prepping or cooking!

1



1 Prep the ingredients: In a small pot, bring **1 ½ cups water** to boil with a large pinch of **salt**. Halve, peel, and dice the **onion**. Peel and mince **2 Tablespoons ginger**. Mince the **serrano**, removing the ribs and seeds if you prefer less heat. Drain and rinse the **chickpeas**. Finely chop the **cilantro**. Trim, then cut the **green beans** into 2-inch pieces.

3



2 Cook the rice: Add the **rice** to the boiling water, cover, and reduce to a low simmer for 15-20 minutes, until tender.

3 Sauté the onion and serrano pepper: Meanwhile, heat a drizzle of **oil** in a large pan over medium heat. Add the **onion** to the pan and cook, tossing for 4-5 minutes, until softened. Add the **curry powder, ginger**, and as much **serrano pepper** as you like to the pan. Cook, tossing for 2-3 minutes, until very fragrant. Season with **salt** and **pepper**.

4



4 Add the **chickpeas, diced tomatoes, ½ cup water**, and the **green beans** to the pan and simmer for 15 minutes, until thickened. Season with **salt** and **pepper**.

5 Stir **¼ cup yogurt** and half the **cilantro** into the pan. Season to taste with **salt** and **pepper**.

5



6 Finish and Plate: Serve on a bed of **basmati rice**, garnish with the remaining **cilantro** and **yogurt**. Enjoy!