



OCT
2016

Channa Masala

with Brown Rice and Cucumber Raita

Channa Masala is a dish eaten in most parts of India from Delhi in the North to Chennai in the South. 'Channa' means chickpea and 'masala' means spice mix, so while in different parts of India, the Channa Masala can have its very own personality and quirks, it will always be fragrant and 100% delicious.

 Prep
30 min

 level 1

 veggie



Chickpeas



Onion



Channa Masala
Spice Mix



Baby Spinach



Diced Tomatoes



Yogurt



Cilantro



Mini Cucumber



Bulgur Wheat

Ingredients

	2 People	4 People
Chickpeas	1 can	2 can
Onion, finely chopped	1 pkg (113 g)	2 pkg (227 g)
Channa Masala Spice Mix	1 pkg (1 tbsp)	2 pkg (2 tbsp)
Bulgur Wheat	1) 1 pkg (113 g)	2 pkg (227 g)
Diced Tomatoes	1 can	2 cans
Yogurt	2) 1 pkg (1/3 cup)	2 pkg (2/3 cup)
Cilantro	1 pkg (7 g)	2 pkg (14 g)
Baby Cucumber	1	2
Baby Spinach	1 pkg (56 g)	2 pkg (113 g)
Olive or Canola Oil*		

*Not Included

Allergens

- 1) Wheat/Blé
- 2) Milk/Lait

Tools

Small Pot, Large Pan, Grater, Small Bowl, Measuring Cup, Sieve

Nutrition per person Calories: 552 cal | Fat: 6g | Protein: 22g | Carbs: 108g | Fibre: 23g | Sodium: 716 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ruler

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1 Prep: Wash and dry all produce. Bring a pot of **salted water** (double for 4 people) to a boil in a small pot. Coarsely chop the **cilantro**. Drain and rinse the **chickpeas**.



2 Cook the bulgur: Add the **bulgur** to the boiling water. Reduce the heat to medium-low. Cover and simmer until the bulgur is tender, 6-8 min. Drain through a sieve.



3 Cook the onions: Meanwhile, heat a large pan over medium heat. Add a drizzle of **oil**, then the **onion**. Cook until softened, 3-4 min. Add the **spice mix**, and stir to combine. Add the **tomatoes, chickpeas** and 1/2 cup water. Cook, stirring occasionally, until mixture slightly thickens, 4-5 min.

4 Make the raita: Meanwhile, coarsely grate the **cucumber** and stir it with **yogurt** in a small bowl. Season with **salt** and **pepper**.

5 Finish and serve: Stir the **spinach** into the **chana masala** until wilted, 1-2 min. Season with **salt** and **pepper**. Scoop over **bulgur** in bowls, then sprinkle with **cilantro** and add a dollop of **raita**. Enjoy!

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