

Chickpea Spinach Curry (Chana Palak Masala)

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/west-indian-chana-curry-recipe>

Ingredients:

- 2 tablespoons canola oil or sunflower
- 1 onion large, finely chopped
- 4 cloves garlic crushed
- 1 inch ginger finely grated
- 1 tablespoon cilantro ground coriander
- 1/2 tablespoon turmeric
- 1/2 tablespoon cumin
- 1/2 teaspoon cayenne pepper or chili flakes
- 1 can tomatoes crushed or pureed, about 390 g
- 1 jar chickpeas or tin, 560 g drained, 400 g
- 7/8 cup vegetable stock
- 3 1/3 cups spinach chopped, frozen or fresh
- 1 teaspoon salt
- 1 teaspoon sugar
- 1 teaspoon Garam Masala
- 1 tablespoon cilantro chopped fresh coriander
- 1/2 lemon a small
- 6 3/4 tablespoons full fat coconut milk or coconut cream

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 14 grams
3. Fat: 13 grams
4. Fiber: 4 grams
5. Protein: 3 grams
6. SaturatedFat: 6 grams
7. Sodium: 820 milligrams

8. Sugar: 6 grams

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