



CHICK PEA MASALA

Instructions (Serves 4 Adults)

Pack A chick peas

1. Soak **Pack A** in 3 cups warm water for 6 hours or overnight.
2. Wash and place in pot with 4 cups water.
3. Add **Pack B** and boil for 1.5 hours or until cooked.
4. Drain chick peas and reserve water

Pack C: FROM YOUR PANTRY 1 medium onion chopped, 1 medium tomato chopped, 1 tspn grated ginger, 2 cloves crushed garlic, 3 Tbspn oil

5. Heat oil in a pot & add **Pack C**. after 30 seconds add onions and sauté on medium heat for 5 minutes until lightly brown.
6. Add tomatoes, ginger and garlic & cook for a further 5 minutes.
7. Add **Pack D** and cook for 1 minute.
8. Pour reserved liquid from chick peas & bring to the boil .
9. Add chick peas and boil for about 15 minutes until the sauce thickens. Add water if too thick& cook to required consistency.

Serve with steamed rice and condiments

Ingredients: raw chickpeas, cinnamon, cloves, cardamon, salt, cumin, bay leaf, turmeric masala spices

GLUTEN FREE

250 net Best Before