



# Arvinda's

*artfully created Indian spice blends*

## Channa Masala – Whole Chick Pea Curry

For a variation and a healthy lunch option, serve Channa Masala in a whole wheat pita pocket with lettuce, tomato and raita (Indian yogurt condiment). The kids will love it too!

For convenience use [Arvinda's Curry Masala Base](#) for this recipe.

### Ingredients:

2 cups	chick peas, cooked
3 tbsp.	oil *
2 each	whole spices from <b>Arvinda's Whole Spices</b>
1	large onion, finely chopped *
2 tbsp.	ground or crushed tomatoes, unsalted *
1 tbsp.	<b>Arvinda's Curry Masala</b> *
1 tsp.	sugar
½ tsp.	tamarind paste (or 1 tsp. lemon juice)
½ cup	water
1 tsp.	sea salt, or salt to taste
2 tbsp.	cilantro, finely chopped, to garnish
½ tsp.	<b>Arvinda's Garam Masala</b> , to garnish

### Time saving tip:

Substitute ingredients marked with an \* for ½ cup

**Arvinda's Curry Masala Base**

Recipe is available to download at:  
[www.arvindas.com/recipes.htm](http://www.arvindas.com/recipes.htm)

### Method of Preparation:

In a heavy bottom pan, heat oil on medium-high. Add **Arvinda's Whole Spices** (cardamom pods, cinnamon, cloves and star anise). Fry for one minute until spices are fragrant, taking care not to burn spices.

Add onions and cook until caramelized, approximately 10 minutes. Stir in ground tomatoes and cook for one minute. Add **Arvinda's Curry Masala**.

**If using Arvinda's Curry Masala Base:** In a heavy bottom pan, heat 2 tsp. of oil. Add **Arvinda's Whole Spices** (cardamom pods, cinnamon, cloves and star anise). Fry for one minute until spices are fragrant, taking care not to burn spices. Add ½ cup **Arvinda's Curry Masala Base** and heat on medium heat.

Add sugar and tamarind paste and mix well. Cook for a couple of minutes. Stir in chickpeas and add water to make a sauce consistency. Add salt to taste. Cover and simmer for 10 minutes.

Remove in a serving dish and garnish with **Arvinda's Garam Masala** and cilantro. Serve with basmati rice and a side salad to make a healthy, well-balanced meal. **Serves 4.**