

Chana Bhuna Recipe

Spice:	Difficulty:	Total:	Prep:	Cook:
Mild	Serves Easy	20	5	15
1-2		mins	mins	mins

A deliciously wholesome dish of spiced chickpeas.
Nutritious, vegan and incredibly tasty.

Ingredients

1 tin (400g) chickpeas

1 medium (100g) onion peeled and finely sliced

1 chef's spoon (40g) vegetable oil

1 teaspoon (10g) garlic paste

½ chefs spoon (20g) BIR tomato paste

1 & ½ teaspoon (5g) BIR mix powder

1 teaspoon (7g) salt

½ teaspoon (1g) kasoori methi leaves

150g BIR base gravy (75g gravy diluted with 75ml water & heated)

half fresh tomato chopped into chunks

handful of fresh coriander

Instructions

- 1 Heat the pan on a medium high heat and add the vegetable oil
- 2 Add the garlic paste and BIR tomato paste and stir for around 10 seconds
- 3 Add the sliced onion stirring occasionally and cook for around 10 mins until translucent and completely softened
- 4 Add the mix powder, salt and methi and stir in for another 10 seconds
- 5 Add the fresh tomato and stir for 30 seconds
- 6 Drain the chickpeas and add to the pan, stir for around 1 min so that all the chickpeas are coated with the spices
- 7 Add the base gravy and simmer on a high heat for around 2 mins whilst occasionally stirring, scrape off any dried sauce on the edges back into the pan
- 8 Turn down to a low heat and simmer for another 10 mins until the sauce thickens and is a dry consistency
- 9 Add the coriander and stir through

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