

Chana Masala

Blender Sauce:

Put the following in the blender:

- 4 x Fresh **Tomatoes**
- 1 x **Brown Onion**
- 4 x **Garlic Cloves**
- 1 x Tablespoon Fresh **Ginger**
- 1 x **Chilli**
- 2 x Teaspoons **Garam Masala**
- 1 x Teaspoon **Turmeric**
- 1 x Teaspoon **Coriander**
- 2 x Teaspoons **Jaggery Powder**
- 1 x Teaspoon of **Vegetable Stock** Powder
- 1 x Tablespoon **Olive Oil**

Blend thoroughly.

Additional Ingredients:

- 2 x cans **Chickpeas**
- 1/2 cup fresh chopped **Cilantro**
- Juice of half a **Lemon**

Cooking Method:

1. Put the sauce in a saucepan. Bring to boil.
2. Add Chickpeas. Bring to boil.
3. Simmer for 10-20 mins.
4. Garnish with Cilantro and Lemon Juice.

Serve over the rice. It also goes well with Afghan Garlic Bread.

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