

# CHOLE PALAK

## INDIAN CHICKPEAS IN SPINACH GRAVY

SERVINGS 4    PREP + COOK TIME 45 MINUTES

This is North Indian or Punjabi style of making curry. It has a basic onion and tomato-based gravy along with spinach and cashews. It may not look like much, but it will definitely fill you up!

### INGREDIENTS

6 cups water	2-3 green chillies, chopped
1 (16-oz.) can chickpeas	1 tsp. ginger paste
4 cups spinach leaves	1 tsp. garlic paste
1 medium tomato	1 tsp. coriander powder
1/2 cup cashews, chopped	1/2 tsp. garam masala
1 Tbsp. oil	1 tsp. dried fenugreek leaves (kasoori methi) *OPTIONAL
1/2 tsp. cumin seeds	salt, to taste
1/2 cup onion, chopped	

### DIRECTIONS

1. Take 6 cups of water into a pan and bring to a boil. Once the water is ready, add the chickpeas and let boil for about 3 minutes. Remove the chickpeas with a spoon into a bowl to set aside.
2. Using the same boiling water, add a pinch of salt. Then blanch the spinach in the boiling water for about a minute and then remove the spinach from the boiling water and into running cold water to stop the spinach from overcooking.
3. Cut an x shape into the bottom of the tomato and put it into the same boiling pot from the spinach. Let it sit for 3-4 minutes to allow the tomato's skin to slightly peel off. Remove from heat and then peel off the skin.
4. Using a food processor, grind the cashews to your preference: chopped or into a fine powder. Set aside the chopped cashews. Then (without needing to clean the food processor yet), blend the cooked tomato and spinach to a chopped or fine puree. Set that aside too!
5. Heat oil in a saucepan on medium heat. Then add the cumin seeds and let them sizzle. Then add the chopped onions and green chillies into the pan and sauté them until the onions become light brown.
6. Then add the ginger and garlic paste, sautéing those ingredients for 1 minute.
7. Add coriander powder, garam masala, and the kasoori methi (optional). Cook until most of the moisture evaporates.
8. Add the spinach and tomato puree. Simmer for 2 minutes. Add your chopped cashews and mix it all together.
9. Add the chickpeas and cook for another 4-5 minutes. You can adjust the consistency of the sauce by adding more water.
10. Remove it from the heat and serve! This gravy-based dish would pair great with rice.

