



## Chole Daal (Spinach and Chickpea Lentil Curry)

### Ingredients:

1 cans of chickpeas (400 g.)  
2 c cooked green lentils  
2 Tbsp. vegetable/ canola/ sunflower cooking oil  
2 bay leaves  
5-6 cloves  
3-4 green cardamoms  
5-6 peppercorns  
3 large onions, sliced thin  
2 large tomatoes chopped  
2 Tbsp. garlic paste  
1 Tbsp. ginger paste  
2 tsp. coriander powder  
1 tsp. cumin powder  
1/2 tsp. red chilli powder  
1/4 tsp. turmeric powder  
2 tsp. garam masala  
1" piece of ginger, julienned  
2 Tbsp. fresh coriander leaves chopped fine

### Preparation:

Grind 2 onions, the tomatoes, ginger, and garlic together into a smooth paste. Heat the oil in a deep, thick-bottomed pan on a medium flame. Add the bay leaves, cloves, cardamom and peppercorns and fry for 1/2 a minute. Add the remaining sliced onion and fry till light golden. Add the onion-tomato paste and fry till the oil begins to separate from the paste. Add the dry spices - cumin, coriander, red chilli, turmeric and garam masala powders. Fry for 5 minutes.

