

Aloo Chana Masala

with Cashews & Raisins

This dish is loosely based on Indian “Chana Masala,” a drier mixture of chickpeas, garam masala, and lemon. Garam masala is a spice blend that varies by region in India, and is usually made up of pepper, cloves, cinnamon, cumin, and cardamom. Since the ratios of spices can differ so much, no single version is considered more authentic than another. It's really just a matter of preference.



Ingredients

- 6-8 Baby Carrots
- 1 Pound Yukon Gold Potatoes
- 3 Ounces Baby Spinach
- 2 Cloves Garlic
- 1 14½-Ounce Can Chickpeas
- 1 Bunch Cilantro
- 1 Lemon
- 1 Shallot
- ¼ Cup Cashews
- 2 Teaspoons Garam Masala
- 1 Teaspoon Cumin
- 3 Tablespoons Vegetable Demi-Glace
- 2 Tablespoons Raisins
- 1 Tablespoon Pepitas

Makes 2 Servings
About 670 Calories Per Serving



Instructions



Prepare the ingredients:

Wash and dry the fresh produce. Trim the carrots and cut into 1-inch pieces on an angle. Cut the potatoes into ½-inch pieces. Peel and mince the garlic and shallot. Drain and rinse the chickpeas. Roughly chop the cilantro leaves. Cut the lemon into 6 wedges and remove the seeds. Roughly chop the cashews.



Cook the vegetables:

In a medium pan, heat a couple teaspoons of olive oil until hot. Add the **garlic** and **shallot** and cook 30 seconds to 1 minute, or until fragrant and softened. Add the **carrot, potato, cumin** and **garam masala**. Toast the spices for 1 to 2 minutes, or until fragrant and thoroughly combined, stirring occasionally; season with salt and pepper to taste.



Make the stew:

Stir in the **vegetable demi-glace** and **1 cup of water**, scraping any bits from the bottom of the pot to incorporate into the stew. Bring the mixture to a boil and simmer 1 to 2 minutes, or until heated through. Using a fork, smash ¼ of the chickpeas (this will help thicken the stew). Add all of the **chickpeas** to the stew along with the **raisins**. Cover and reduce the heat to low, then simmer 7 to 10 minutes, or until the potatoes are tender when pierced with a fork.



Toast the cashews & pepitas:

While the stew simmers, toast the **cashews** and **pepitas** in a dry pan on medium heat for 1 to 2 minutes, or until toasted and fragrant, stirring constantly. Keep a close eye on the nuts as they can burn easily. (Don't be alarmed if the pepitas pop.)



Finish the stew:

Once the potatoes are fully cooked, stir in the **spinach** and **half the cilantro** and cook 1 minute, or until wilted. Squeeze in the juice of 2 lemon wedges and season with salt and pepper to taste.



Plate your dish:

Divide the stew between 2 dishes. Top with the **toasted cashews, pepitas** and **remaining cilantro**. Garnish with the **remaining lemon wedges**. Enjoy!