

# Chick Pea Tikka Masala

This recipe, inspired by The Detoxinista, is a quick and easy one-pot meal that's sure to satisfy vegans, vegetarians, and even meat lovers alike! Loaded with anti-inflammatory ingredients, it's a delicious way to nourish your body while enjoying a flavorful, wholesome dish.

## INGREDIENTS

2 tablespoons ghee  
1 small yellow onion, small dice  
2 cloves garlic, minced  
1 tablespoon ginger root, fresh grated  
1 tablespoon ground coriander  
2 teaspoons ground cumin  
1 teaspoon turmeric  
1/4 teaspoon ground cardamon  
1/4 teaspoon cayenne pepper  
1 teaspoon brown mustard seeds  
2 15 ounce cans chick peas, drained and rinsed  
1 28 ounce can diced tomatoes  
1 15 oz can coconut milk, full fat  
3 cups baby spinach  
1 cup cilantro, rough chop  
salt, to taste

## STEP 1

Prep onions, garlic and ginger; measure all spices and add to bowl

## STEP 2

In thick bottomed pot, heat ghee on medium and add onions, garlic and ginger. Sauté for 3 minutes until slightly golden. Add all spices and gently mix. Cook for another minute.

## STEP 3

Add drained and rinsed chicken peas, tomatoes and coconut milk. Mix well, cover pot simmer for 10 minutes. Add spinach and cilantro.

## STEP 4

Salt to taste.

## SERVES

4

## TIME

🕒 15m

## SHOPPING LIST

2 jar ghee  
1 small yellow onion  
2 head garlic  
1 nob ginger root  
1 jar ground coriander  
1 jar ground cumin  
1 jar ground turmeric  
1 jar ground cardamon  
1 jar cayenne pepper  
1 jar brown mustard seeds  
2 15 ounce cans chick peas  
1 28 ounce can diced tomatoes  
1 15 oz can coconut milk, full fat  
1 clamshell baby spinach  
1 bunch cilantro  
salt

## EQUIPMENT

Heavy bottomed pot with cover

## STORAGE

Store in the fridge for 3-4 days or in freezer for up to 3 months.