



Chana Masala Chicken (4 servings)

Ingredients

- 1 pound boneless chicken thighs or drumsticks
- 3 tablespoons **Seven Happy Seeds Chana Masala Spice**
- 1.5 inch piece of fresh ginger, finely chopped
- 3 cloves of garlic finely chopped
- 1 Serrano chili deseeded and finely chopped
- 1 large red onion finely diced
- 2 medium tomatoes finely diced
- 3 tablespoons of lemon juice
- Cilantro sprigs for garnishing
- 4 tablespoons vegetable oil
- Salt to taste

1. In a mixing bowl, make a thick paste with Chana Masala spice, ginger, garlic, lemon juice, salt, one tablespoon of ghee or oil, and 2 tablespoons of water.
2. Score chicken thighs with a sharp knife and add to the bowl, coating well with spice paste. Marinate for at least 30 minutes (or refrigerate for 2 hours to overnight).
3. Heat two tablespoon of oil in a medium pan and add chopped onions and serrano chilies. Sauté until onions are lightly browned.
4. Add chopped tomatoes and cook until oil separates, cool the mixture to room temperature, and blend into a fine paste with 1 cup of water.
5. Add curry paste back to the pan, add marinated chicken, and mix.
6. Cover the pan and simmer on low heat for 10-12 minutes or until chicken is cooked through and separates easily from bone (add more water if needed).
7. Garnish with chopped cilantro and serve hot with naan (flatbread) or steamed basmati rice.

Shopping List:

- Chicken Drumsticks
- Onions
- Tomatoes
- Gingerroot
- Garlic Pods
- Serrano chilies
- Cilantro leaves
- Lemon