

WHOLE FOODIE CHALLENGE – OH SHE GLOWS REVIEW LIST

RECIPE: Chana Masala

CATEGORY	SCORE/COMMENTS
Ingredients	SCORE: 4/5
<i>How easy were the ingredients to find? Did I have on hand already?</i>	The only ingredient I had a bit of trouble finding was garam masala, but I also found a great recipe to make your own! It's not that difficult either
<i>Are ingredients transferable to other recipes?</i>	
<i>Were the ingredients easy to cook and prepare?</i>	
Preparation	SCORE: 5/5
<i>How easy was the recipe to follow and prepare ingredients?</i>	What an easy dish to make, I really liked making this after a busy day at school!
<i>Were there steps missing, or not well explained?</i>	
Cost	SCORE: 5/5
<i>Was the item fair in price?</i>	This was a very low cost recipe as well, and could be made year round.
<i>Were there ingredients that could have been swapped for cheaper ingredients?</i>	
Time	SCORE: 4/5
<i>Did it take the amount of time indicated?</i>	It was low time commitment as well, although I would probably recommend to cook it longer than suggested, to let the sauces marinated
<i>Was it time consuming?</i>	
<i>Did it take only one day to prepare?</i>	
Appearance	SCORE: 5/5
<i>Did the end product look appealing?</i>	Lovely end product, looks and smells amazing
<i>Did it have a good smell?</i>	
Taste/Flavor	SCORE: 5/5
<i>How did finished recipe taste?</i>	Great taste, full of flavor and spices
<i>Did flavors require modifying?</i>	
<i>Was there a secondary person to take a taste test? ;)</i>	
Texture	SCORE: 5/5
<i>Was there a good amount of texture in the meal?</i>	Great texture as well!
<i>Were their competing elements that distract from the recipe?</i>	
Satiety Level	SCORE: 5/5
<i>Did I feel fulfilled at the end of the meal?</i>	Very filling, you don't need a big portion to feel full with this one
<i>How long was it after eating the recipe until I had to eat again?</i>	
Nutrition	SCORE: 5/5
<i>How much of the daily recommendations of protein/fat/carbohydrates were in the meal?</i>	Really nicely balanced meal, with 14.4g of protein and low in overall calories (332) which is fantastic for a hearty and healthy dinner
<i>Were there any high allergens in the meal?</i>	
<i>Any ingredients that could be omitted?</i>	
Longevity	SCORE: 5/5
<i>Could this item be made into a leftover?</i>	Great the next day as a leftover, and also froze a portion which was lovely!
<i>If so, how does it taste the next day, the day after?</i>	
<i>Are there certain instructions that need following (ie. keep in freezer?)</i>	
OVERALL SCORE:	48/50

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