

Chicken, Spinach and Chickpea Curry Recipe

Information

- Serves: 4
- Cost Per Person: 90p (As per Tesco Online on 29.06.2022)
- Prep Time: 15 minutes
- Cook time: 20 minutes

Ingredients

- 400g Tin of Peeled Plum Tomatoes
- 400g Tin of Chickpeas
- 400g Frozen Spinach
- 300g Long Grain Rice
- 350g of Chicken Breast
- 1x Large Red Onion
- 2x Cloves of Garlic
- 1x Patak's Madras Pot
- 1x Handful of Coriander

Equipment

- Large Frying Pan
- Cutting Board
- Kitchen Knife
- Saucepan
- Sieve

Method

1. Place the frying pan on a low / medium heat, spray with either low fat cooking oil or a splash of vegetable oil. Chop the onion into small pieces and start slowly frying. Next, mince the garlic and place the spinach in the pan.
2. Take the chicken, remove any skin and fat and then slice into bite size pieces. Place this into the frying pan and fry until cooked all the way through. Next, empty the tin of plum tomatoes into the pan and turn the heat down to a low heat.

3. Drain the chickpeas and rinse under water in a sieve, pour this into the pan with the Patak's madras pot and let simmer for 5-10 minutes.
4. Take 600ml water and the rice and allow to boil, once at boiling point. Add a generous pinch of salt. Turn the heat down to maintain a simmer and cook for a further 15 minutes or until the water has disappeared and the rice is light and fluffy.
5. Lastly, serve the rice on a plate and make a well in the middle with a spoon, next, using a ladle or large spoon, serve the curry mixture in the well and sprinkle with coriander and enjoy!