

# Chicken & Chickpea Curry

Preparation Time: 10 - 20 minutes • Cook Time: 30 - 40 minutes

Serves 4 - 6

## Spice Packet Contains:

Garam masala, madras curry powder, turmeric, ground cumin, ground coriander, ground cinnamon, salt, chili powder, ground black pepper, almond meal *\*Extra packet of hot chili powder*

## You Will Need:

2 onions, chopped

3 cloves garlic, crushed

2 tablespoons cooking oil of your choice

2 - 3 pounds boneless chicken thighs or breasts cut into 1 or 2-inch pieces or if you are short on time, whole, skinless, bone-in legs and thighs

1 tablespoon lemon juice

1 small can tomato paste

2 cups chicken broth or water

1 (15 oz.) can chickpeas, drained and rinsed

Fresh cilantro sprigs for garnish, if desired

## Method:

In a 4 - 5 quart pot, cook the diced onions in the oil until translucent. Add the garlic and cook for a minute more.

Turn down the heat and add the contents of the larger spice packet. Cook for few seconds, stirring constantly.

Add the chicken pieces and mix until coated with the onion/garlic/spice mixture.

Add the lemon juice, tomato paste and chicken broth/water.

Turn up the heat and simmer while covered for 15 minutes, stirring occasionally. Add the chickpeas and cook for another 15-20 minutes or until the sauce has reduced to the desired thickness. Stir in additional water if sauce is too thick.

*\*Taste and add extra chili powder, a little at a time, if you like it hotter.*

*Tip: Begin cooking the rice while the dish simmers.*

• Serve over Basmati rice with a green salad.  
• Garnish with fresh cilantro, if desired.