

# CHICKEN CURRY WITH CHICKPEAS, PUMPKIN AND SPINACH

**Preparation time:** 15 minutes

**Cooking time:** 20-25 minutes

**Serves:** 4

## Ingredients

1 brown onion, finely diced

¼ cup water

¼ cup red curry paste, or to taste

500g chicken thigh fillets, fat trimmed and flesh cut into 2.5cm pieces

½ butternut pumpkin, peeled, deseeded, cut into 2.5cm pieces

400g can no-added-salt diced tomatoes

1 cup salt-reduced chicken stock

1/3 cup light coconut milk

400g can chickpeas, drained, rinsed

100g baby spinach leaves

1 cup basmati, or other low GI rice, cooked following packet directions, to serve

Steamed green beans or peas, to serve



## Method

1. Combine the onion and water in a medium-sized saucepan and cook, covered, over medium heat, stirring occasionally for 8-10 minutes or until the onion is soft. Add the curry paste and cook, stirring, for 2-3 minutes or until aromatic.
2. Add the chicken and pumpkin and stir to coat with the curry paste. Add the tomatoes, stock and coconut milk and bring a simmer over medium heat. Reduce heat and simmer gently for 20 minutes or until the pumpkin is just tender.
3. Stir in the chickpeas and spinach and simmer for 2 minutes, stirring occasionally, or until the spinach has just wilted. Serve immediately accompanied by the cooked rice and vegetables.