

## Chicken and chickpea Rogan Josh

### Ingredients

- 200g Chicken breast
- 1 x tin Chickpeas (400g)
- 1 x 5ml spoon oil
- 2 x 25ml spoons Rogan Josh curry paste
- 1 onion 1 clove garlic
- 200g can chopped tomatoes
- 2 tomatoes
- 1 x 15ml spoon fresh coriander



### Equipment

Sharp knife, chopping board, large saucepan, garlic press, measuring spoons, mixing spoon and can opener.

### Method

1. Cube the chicken.
2. Slice the onion and cut the tomatoes into wedges.
3. Peel the garlic and crush using a garlic press.
4. Heat the oil in a large pan and add the chicken and onions. Cook for 3-4 minutes.
5. Add the Rogan Josh curry paste and garlic. Cook for a further 2-3 minutes.
6. Add the canned and fresh tomatoes and chickpeas then cook on a low heat for further 25 minutes.
7. Roughly chop the coriander and stir into the curry.