

Quick Chicken Rogan Josh

Ingredients

200g Chicken breast
½ 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
75g of white long grain rice



1 TSP CORIANDER POWDER
1 TSP CUMIN POWDER
1 TSP GARAM MASALA
1 TBSP CURRY POWDER

Method

Add the rice to 200ml cold water in a small pan

Cube the chicken.

Cut the onion and tomatoes into ¼s.

Heat the oil in a large pan and add the chicken and onions. Cook for 3-4 minutes.

Add the Rogan Josh curry paste, spices and garlic. Cook for a further 2-3 minutes.

Add the canned and fresh tomatoes and chickpeas then cook on a low heat for further 25 minutes.

Boil / simmer rice for 12 – 15 minutes until soft

Roughly chop the coriander and stir into the curry.

Plate rice and curry