

Gluten Free Indian Chicken & Chickpea Curry



Serves: 10

Profitability:

Author: MAGGI® gluten free challenge brochure

Ingredients:

1tbsp vegetable oil

2 onions, diced

3 cloves garlic, crushed

150g mild curry paste

15ml Maggi Chicken Liquid Concentrate

600g chicken breast, diced

500g Maggi Rich & Rustic Tomato Sauce

400g tin chickpeas, drained and rinsed

60g Maggi Coconut Milk Powder

140ml water

150ml natural yoghurt

40g coriander, chopped

450g brown rice

Steps:

Heat oil and onions in a large saucepan over a medium heat. Cook gently until onions are softened and beginning to brown. Add garlic and cook for a further 2-3 minutes

Stir in curry paste and chicken liquid concentrate and cook for 5 minutes, add chicken and cook for a further 10 minutes

Pour in tomato sauce, chickpeas, coconut milk powder, water and three-quarters of the yoghurt. Simmer for further 15 minutes

Cook rice accordingly

Just before serving stir in coriander

Drizzle over remaining yoghurt and serve with rice