Rotisserie Chicken Chickpea Curry

Ingredients

- 4 plum tomatoes, chopped
- 2 large shallots or 1 onion, halved
- ½ piece of ginger, peeled
- ½ to 1 jalapeno pepper, seeded
- 1 tsp curry powder
- 1 tsp salt
- 3 tbsp vegetable oil
- 2x15oz cans chickpeas, drained and rinsed
- 2 cups shredded rotisserie chicken (without skin)
- 2 cups frozen cut okra (optional)
- ¼ cup chopped fresh cilantro
- Plain yogurt and Naan bread for serving, optional

Making it

1. Pulse 3 chopped tomatoes, the shallots, ginger, jalapeno, curry powder, and salt in a food processor or blender until smooth.
2. Heat vegetable oil in a large pot over medium heat. Add tomato mixture and cook, stirring often until mixture has darkened and forms a paste, 10-12 minutes. If mixture sticks, add water as needed.
3. Add 2.5 cups water to the pot and bring to a simmer. Add the chickpeas and cook until the sauce thickens slightly, 8-10 minutes.
4. Stir in the chicken, okra, and cilantro. Stir gently and cook until the okra is slightly crisp, 2-3 minutes.
5. Serve, topping with yogurt, Naan bread, and remaining tomato.

Adapted from FoodNetwork.com

NUTRITION FACTS
Servings: 4
PER SERVING
Calories (kcal): 376
Fat (g): 25
Carbohydrate (g): 40
Protein (g): 24

TIPS & HINTS
If preferred, bake 4 chicken breasts seasoned with salt, pepper, or your favourite spices for 25 minutes at 350 degrees Celsius, or until there is no uncooked, pink meat left.