

## Chicken, Spinach and Chickpea Curry

1 Chicken breast OR 3 chicken thighs

1 small onion

1 clove of garlic

2 tablespoons of Curry powder **(school will provide this)**

2 tablespoons of spinach **(school will provide)**

2 tablespoons of chickpeas **(school will provide)**

1 tablespoon of chopped tomatoes **(school will provide)**

A suitable lidded container to carry it home in

### Method

1. Chop up the onions and chop the garlic separately from the onions.
2. Use a red chopping board to chop the chicken into bite-sized chunks
3. Add 1 tablespoon of oil to a pan and heat it on number 3 for 1 minute.
4. Add the onion to the oil and cook for one minute, add the chopped garlic, and cook both ingredients until the onion is clear in colour and has started to, turn brown.
5. Add the chicken to the cooked onion and garlic. Cook the chicken until it has turned white.
6. Add the curry paste and cook for 1 minute, add the chopped tomatoes and cook further for one minute.
7. Add the chickpeas and season with salt, pepper, and chili powder.
8. Add the spinach and cook for another minute then take the pan off the heat.