

Chicken, Chickpea and Sweet Potato Casserole

Serves: 6

Prep time: 20 minutes

Cook time: 50-60 minutes



2 ½ serves per portion

Ingredients

¼ cup plain flour
2 teaspoons ground cumin
2 teaspoons ground coriander
2 teaspoons ground turmeric
¼ teaspoon chilli flakes (optional)
6 chicken thigh cutlets, bone in, skin removed
2 tablespoons olive oil
1 medium brown onion, cut into wedges
2 medium carrots, sliced
2 cloves of garlic, finely chopped
1 ½ cups chicken stock
1 medium sweet potato, cut into small cubes (about 400g)
400g can chickpeas, rinsed and drained
3 cups spinach leaves, firmly packed

Method

COMBINE the flour and spices in a freezer bag or a bowl and coat the chicken pieces well.
RESERVE remainder of the flour mix.

HEAT a large pan over medium heat and add oil once hot.

SEAR the outside of the chicken in batches until golden brown. Remove and add to a 2.5L casserole dish.

ADD the onion, garlic and carrot to the pan that the chicken was cooked in and fry just soft. You can add another drizzle of oil if needed.

ADD the remaining flour mix, stirring well to combine.

GRADUALLY add stock, stirring as the sauce thickens, and breaking up any lumps as it cooks.

ADD sweet potato and chickpea to chicken then pour stock mixture over the top.

BAKE at 180°C (170°C fan forced) for 40mins or until chicken is cooked through and sweet potato is tender.

REMOVE from oven then add spinach, stir gently, and return to cook for a further 2 minutes to wilt the spinach.

SERVE with couscous, rice or Naan bread.



Everyday Food

Recipe courtesy of Hero the Veg Competition Entrant