

Asian Chicken and Chickpea Stew

25–35 Min

Ingredients 4 Portions

= Kotányi Produkte

400 g	Chicken breast fillet
1 piece	Onion
2 piece	Garlic cloves
1 piece	Spring onion
4 piece	Carrots
1 piece	Zucchini, small
1 piece	Red bell pepper
1	Can of chopped tomatoes
1	Can of chickpeas
0.5 piece	Lemon
250 ml	Coconut milk
1 tbsp.	Honey
1 tsp.	Turmeric, Ground
1 tsp.	Coriander, Ground
1 tsp.	Cayenne Pepper, Ground
1 pinch	Sea Salt, Coarse
	Soy sauce
	Sesame oil

Preparation

1. Rinse the chicken fillet with cold water, pat dry with paper towel and cut into bite-sized pieces. Peel and finely chop the onion and garlic. Slice the white part of the scallion into fine rings, then cut the green part into larger rings. Peel and slice the carrots. Cut the zucchini and bell pepper into small pieces.
2. Heat 2 tbsp. of oil and fry the chicken until nicely seared. Season with salt and put to one side.
3. Fry the onion, garlic and carrots in the same pan for around one minute. Add a little more oil if necessary. Add the zucchini and bell pepper and fry briefly.
4. Add the Kotányi spices to the pan and fry for a couple of seconds. Use a can of tomatoes to immediately deglaze the pan. Add the juice of half a lemon and the chickpeas and leave to simmer for around 5 minutes.
5. Add the coconut milk and reduce until the sauce reaches the desired consistency. Mix in the chicken and allow to infuse for a short time. Season to taste with the honey and soy sauce.
6. Dish the cooked chickpea stew up onto plates, green rings of spring onion and serve.