



Roasted Red Pepper Chicken and Chickpea Coconut Stew

Ingredients

- 1 onion finely diced
- 1 medium carrot grated
- 1 cup chopped Swiss Chard/spinach
- 1 tbsp crushed garlic
- 1 tin or 1 cup of pressure cooked chickpeas
- flesh of one roasted red pepper, chopped (this stew is equally delicious without the red pepper if it does not agree with you)
- 2 chicken breast fillets diced
- 2 tbsp olive oil or spray
- 1 tsp Spanish Smoked Paprika
- ½ tsp tumeric
- ½ tin of light coconut milk
- ½ cup bone broth or chicken stock
- salt and pepper to taste

Instructions

- In a large pan, on medium heat, fry off the onions until translucent.
- Add the garlic and red pepper, stirring to cook through, add a dash of water if it starts burning.
- Add in the diced chicken, smoked paprika and tumeric, stirring to cook the chicken.
- Add the chickpeas, grated carrot, coconut milk and bone broth or chicken stock, add more liquid if you prefer it saucier.
- Turn the heat down and simmer for 20 minutes stirring occasionally to a simmer.
- Add salt and pepper to taste.
- For the last 10 minutes stir through the chopped Swiss Chard until wilted.
- Serve with Basmati rice or bulgar wheat.
- This stew freezes well. Divide into portions with your grain of choice and it is an easy meal to defrost and reheat in a pinch.

Chickpeas are high in fiber, protein and complex carbohydrates. They are also a good source of folate, iron, magnesium and potassium. This warming, nutritious stew is high in protein, vitamins, minerals and antioxidants.