

# CHICKEN & CHICKPEA MASALA

SERVES 4

PREP TIME: 20 MINUTES,

PLUS SOAKING

COOK TIME: 35 MINUTES

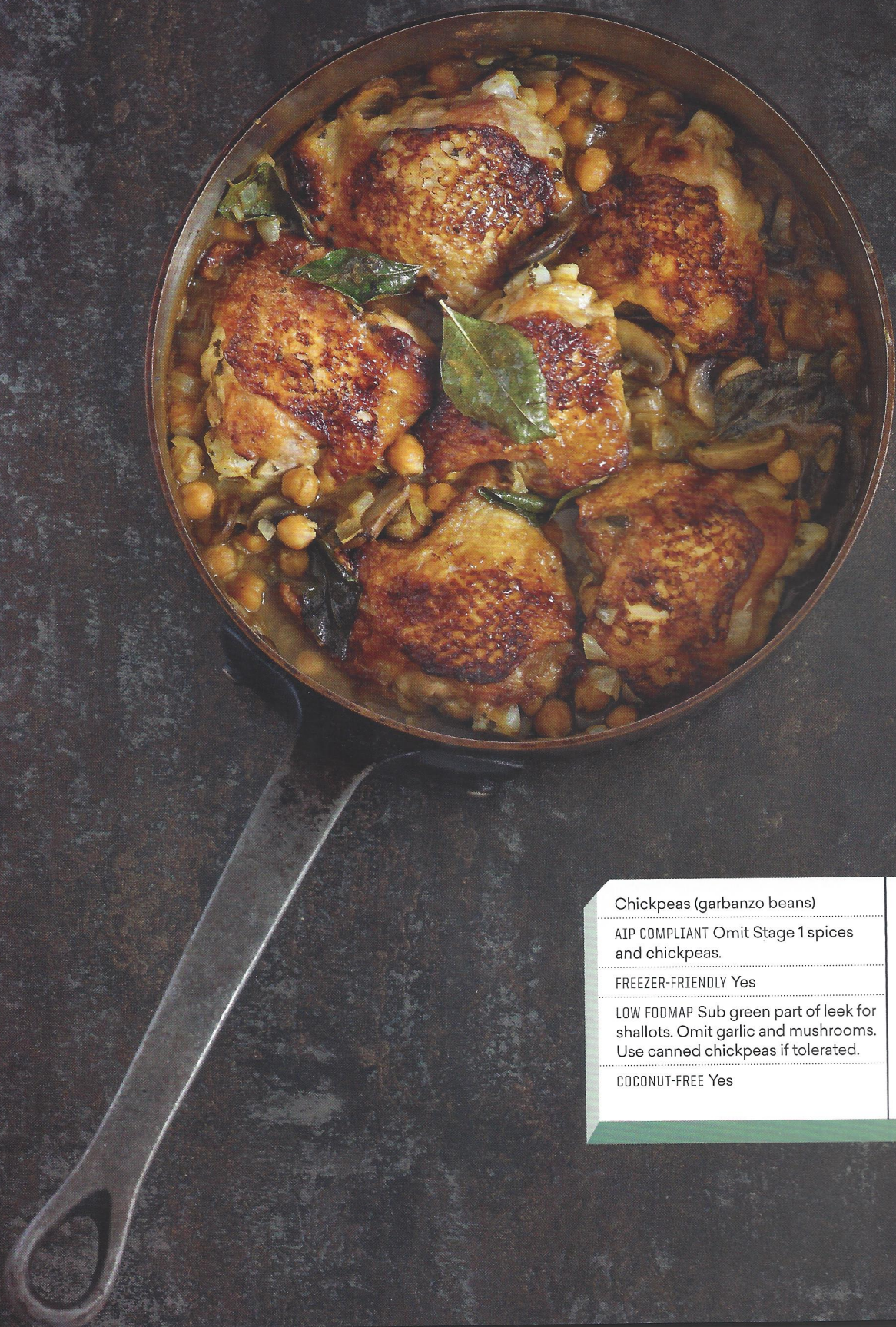
- 6–8 chicken thighs, skin on, bone in
- 2 large shallots, peeled and finely chopped
- 4 oz (110 g) brown mushrooms, sliced
- 2 large cloves garlic, minced
- ½ teaspoon ground cinnamon
- 12 dried curry leaves
- 2 teaspoons dried fenugreek (methi) leaves
- ½ teaspoon ground cumin
- (Stage 1)
- ½ teaspoon ground coriander
- (Stage 1)
- Pinch black pepper
- (Stage 1)
- ¾ cup (122.5 g) pumpkin purée
- 1 cup (250 ml) chicken bone broth
- 1½ cups (350 g) cooked chickpeas
- Pinch sea salt

This one-pan meal makes me truly happy. Chicken thighs have so much flavor, and they are always succulent and tender. This recipe is complete with a serving of sautéed greens or salad, and the herbed cauliflower rice on page 100. See page 13 for how to prepare your chickpeas for this recipe.

Put a large sauté pan or frying pan over medium-high heat. Place the chicken thighs in the pan, skin side down, and brown them well. Remove and set aside, leaving the fat behind.

Turn the heat down to low and add the shallots and mushrooms. Cook for 3 minutes, or until softened, adding a little cooking fat if needed.

Add the garlic and spices and cook for 1 minute, stirring. Pour in a splash of water if the pan is starting to burn. Add the pumpkin and broth, bring back to the simmer, and add the chickpeas. Nestle the chicken thighs in the pan. Cover and cook for 12 minutes, or until the chicken has cooked through. Remove the chicken and allow the remaining sauce to thicken slightly for 4 to 5 minutes. Add salt to taste and serve.



Chickpeas (garbanzo beans)

AIP COMPLIANT Omit Stage 1 spices and chickpeas.

FREEZER-FRIENDLY Yes

LOW FODMAP Sub green part of leek for shallots. Omit garlic and mushrooms. Use canned chickpeas if tolerated.

COCONUT-FREE Yes

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