Chicken, Chickpea and Aubergine Curry with Coconut Rice

(makes 4 servings)

You can make this curry as spicy or mild as you like. You can also replace the chicken with other poultry or lean meat, fish, shellfish, tofu or quorn. The addition of almond and coconut milk for both the curry and the rice results in a particularly tasty curry and I urge you to make the Mango Salsa if you have time as it is the perfect accompaniment.

Ingredients

1 ripe mango, peeled, stoned and diced
1 teaspoon sugar
2 tablespoons finely chopped mint leaves
Sea salt
Fresh lemon juice
500ml unsweetened almond milk
1 x 400ml can coconut milk
200g white basmati rice
Fresh ginger, peeled and grated or minced
1 tablespoon light olive oil
450g fresh, skinless chicken breasts cut into bite-sized pieces
1 tablespoon coconut oil

1 large or 2 small aubergines, wiped and cut into bite-sized chunks
225g button mushrooms, cleaned and halved
6-8 cherry tomatoes, halved
2 cloves garlic, peeled and grated/mashed
2 teaspoons curry powder
2 level tablespoons Thai red curry paste
½ teaspoon chilli flakes
2 heaped tablespoons 'no added sugar' almond butter
1 x 240g tin chickpeas, drained
2 good handfuls of roughly chopped coriander leaves
2 good handfuls of roughly chopped basil leaves

Method

• **The salsa:** mix the mango, sugar, mint, a good pinch of salt and a couple of tablespoons of lemon juice together in a bowl, cover and set aside.

• **The rice:** place 240ml of the almond milk and slightly less than half the tin of coconut milk in a medium-sized pan, bring just to the boil, turn the heat to the lowest possible setting, add the rice, a good pinch of salt and 1 tablespoon grated fresh ginger, stir well, cover the pan with a tight-fitting lid and cook for 10 minutes then turn the heat off completely and let the rice sit for another 20 minutes - don't remove the lid at any stage!

• **The curry:** warm the olive oil in a large, shallow pan and sauté the chicken pieces until lightly-browned and just cooked through before removing them (and their juices) to a dish and setting aside.

• Add the coconut oil to the pan, warm through then sauté the aubergine, mushrooms, tomatoes, 2 teaspoons grated fresh ginger and the garlic over a medium heat for 5 to 10 minutes.

• Return the chicken pieces and their juices to the pan and continuing to sauté for another few minutes, stirring carefully so as not to break up the vegetables.

• Mix the curry powder, Thai curry paste, chilli flakes and almond butter into a cupful of the remaining almond milk and coconut milk combination and stir well until very smooth then add this mix to the pan followed by the rest of the almond/coconut milk and the chickpeas. Stir well, bring slowly to the boil then turn the heat to low and simmer for 5 minutes or until your rice is cooked and you are almost ready to serve.

• Just before serving, add the basil and coriander to the curry and stir to combine, remove the lid from the rice and fork through to separate the grains and serve with the Mango Salsa (good quality mango chutney also works well).

• **NB:** you can replace the chicken with turkey, lean lamb, veal, firm white fish, fresh prawns or tofu (all cut into bite-sized chunks before sautéing in the olive oil until just cooked through as per the chicken.