

# Chicken Madras & Chickpeas with Roasted Cauliflower Salad

## Ingredients

- 2 x Chicken breasts
- 1 1/2 tbsp oil
- 120g heritage cherry tomatoes
- 1 cauliflower
- 1 lemon
- 1 red onion
- 2 teaspoons Madras spice
- 1 tsp turmeric
- 2 x Sweet potato
- 20g creamed coconut
- 240g chickpeas (drained) and optional
- 2 tsp cumin seeds
- 40g spinach
- Medium handful of fresh mint



## Method:

1. Preheat the oven to 220C / gas mark 7 and boil a kettle. Slice the sweet potatoes in half and place in a large saucepan with a pinch of sea salt. Cover with boiling water and simmer for 10 mins, then drain.
2. Meanwhile, remove the leaves from the cauliflower and cut into bite-sized pieces. Cut the cauliflower into small florets. Roughly chop the onion into small pieces.
3. Place the drained potatoes, onion, cauliflower florets and cauliflower leaves into a large bowl with 1 tbsp oil, the turmeric and the cumin seeds. Season with sea salt and black pepper and stir to ensure everything is well coated. Place on a large baking tray in the oven to 15 mins until turning golden and softened.
4. Drain the chickpeas. Meanwhile, heat a medium-sized pan with 1/2 tbsp oil on a medium heat and add the chicken, madras spice and cook

until golden and cooked through, then add the chickpeas with 1-2 tbsp boiling water and cook for 7 mins until heated through.

5. Meanwhile, slice the cherry tomatoes in half and thinly slice the spinach leaves. Roughly chop the mint leaves. Place the cherry tomatoes, spinach and mint in a large bowl and stir in the roasted potatoes, onion and cauliflower.

6. Dissolve the creamed coconut in 30ml boiling water and a squeeze of lemon juice.

7. Place the vegetable mix on two warm plates and top with the chicken madras & chickpeas. Drizzle over the coconut lemon sauce.

Recipe for two people, halve the ingredients for one person