



## CHICKEN, WILTED SPINACH & CURRIED CHICK PEAS



Pairs well with McWilliams Hanwood Estate® South Eastern Australia Chardonnay

### ***Serves Four***

- 4 x 6oz. skinless chicken breasts, cut into medallions
- good chicken stock
- 2 scallions, trimmed and chopped
- 8 oz. baby spinach leaves

### **For the curry**

- 1 tablespoon olive oil
- 1/2 medium onion, finely chopped
- 1/2 medium carrot, finely chopped
- 2 tablespoons Indian curry powder
- 12 oz. canned, precooked chick peas (garbanzo beans), drained
- 2 cups chicken stock or water

Bring enough chicken stock to the boil to be able to poach the chicken medallions. Add the spring onion and simmer for 10 minutes. Take off the heat until ready to poach the chicken.

Heat the oil in a sauce pan and lightly fry the onion and carrot pieces, then tip in the curry powder and stir. Add the drained chick peas and stir to coat with the curry mixture. Pour in the 2 cups of chicken stock or water. Bring to the boil and then simmer for 30 minutes. If needed, add more liquid to the curry.

Bring the poaching stock back to simmer and add the chicken medallions. Poach for 3-5 minutes until cooked through. You may have to do this in batches depending on your pan size. Keep the chicken warm if this is the case.

In a large saucepan or wok, bring 1/4 cup of the chicken poaching liquid to the boil over high heat. Tip in the spinach and stir to allow to wilt. Do not overcook or the colour and nutritional value of the spinach will be lost.

Serve by placing equal amounts of chick peas into the center of deep well plates. Top with the spinach and chicken slices. Spoon over some of the chicken poaching liquid and serve immediately.