

# Salmon & Chickpea Curry

Ditch the curry house takeaway menu and give my super easy, fast and tasty salmon chickpea curry a go.

This is hands-down my go-to curry recipe if I have that urge but can't be bothered with spending too much time in the kitchen.



**Serves:** 4

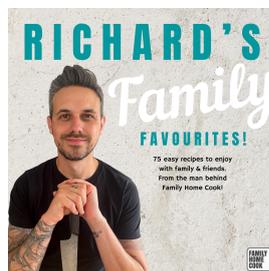
**Prep Time:** 5 minutes

**Rest/Marinate Time:** 0

**Cooking Time:** 25 minutes

## Ingredients

- 4 x 120g skinless salmon fillets.
- 1 medium red onions, small dice.
- 1 medium carrot, small dice.
- 3 x 400g tins of chickpeas, drained.
- 1 x 70g madras paste pot.
- 1 tbsp of mango chutney.
- 1 chicken stockpot.
- 350 ml of boiling water.
- 1 bunch of fresh coriander, roughly chopped.
- 3 tbsps of natural yoghurt.
- 2 limes.



Find this recipe on page 106 of [my book](#).

## Method

- In a large frying pan over a medium heat add a splash of oil and gently fry the onions and carrots for around 7-10 minutes or till the onions are soft.
- Add the chickpeas along with the madras paste, stockpot and give it a good mix. Next pour in the water, you want enough so to just cover, add more if need be. Bring up to the boil then turn down the heat and simmer. Cook till the sauce has reduced and the chickpeas and carrots are tender around 15 minutes.
- Cover a roasting tray with some baking paper and sit the salmon on it. Season with salt and pepper and using one of the limes squeeze over the juice. Pop into a preheated oven set at 180°C and roast for 7-10 minutes depending on how thick your salmon is.
- Once the chickpeas are ready add the mango chutney, the juice of the remaining lime, half of the coriander, mix well and check for seasoning. Add the yoghurt sit the salmon on top and sprinkle with the remaining coriander.
- Serve with some flatbreads for mopping everything up and a few nice cold beers.