

# Butter Chicken Chickpeas with Rice



**PREP TIME : 5 MIN**

**COOK TIME : 10 MIN**

**SERVES : 2**

## **Ingredients :**

- **1 tbsp (15 mL) vegetable oil**
- **1 can (540 mL) chickpeas, drained and rinsed**
- **1 cup (250 mL) shredded carrots**
- **1 small onion, chopped**
- **1 pouch (160 mL) VH<sup>®</sup> Butter Chicken Cooking Sauce**
- **1 pouch (250 g) microwavable instant Basmati rice**
- **1 tbsp (15 mL) chopped fresh cilantro**

## **Directions :**

- 1. Heat oil in deep skillet set over medium-high heat; sauté chickpeas, carrots and onion for about 5 minutes or until vegetables are starting to soften.**
- 2. Stir in VH<sup>®</sup> Butter Chicken Cooking Sauce; simmer for 2 to 3 minutes or until vegetables are tender and sauce is heated through.**
- 3. Meanwhile, cook rice according to package directions. Spoon chickpeas and sauce over rice; sprinkle with cilantro.**