



CHICKEN JALFREZI

Ingredients

For the sauce

- ½ large onion, roughly chopped
- 2 garlic cloves, chopped
- 1 green chilli, finely chopped
- vegetable oil, for frying
- 400g can plum tomatoes
- 1 tbsp ground coriander
- 1 tbsp ground cumin
- 1 tsp turmeric

For the meat & veg

- 2-3 chicken breasts, diced
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp turmeric
- ½ large onion, sliced
- 1 red pepper, chopped
- 2 red chillies, finely chopped (optional)
- 2 tsp garam masala
- handful of fresh, chopped coriander leaves

Method

1. Coat diced chicken in 1 tsp cumin, 1 tsp coriander and 1 tsp turmeric then leave to marinate in the fridge.
2. Fry ½ roughly chopped large onion, 2 chopped garlic cloves and 1 finely chopped green chilli in a large pan with a little vegetable oil, until browned.
3. Add 300ml water and simmer for around 20 minutes.
4. Blitz a 400g can plum tomatoes in a food processor and give it a good whizz until smooth.
5. In another large pan gently fry 1 tbsp coriander, 1 tbsp cumin and 1 tsp turmeric in a splash of oil for about a minute, then add the tomatoes and simmer for around 10 minutes.
6. Next, blitz your onion mixture in the food processor and add it to the spiced tomato sauce. Season generously, stir, then simmer for 20 minutes. You can make large batches of this sauce and freeze it for later use.
7. Fry the marinated chicken in vegetable oil and stir continuously. After a few minutes, turn down the heat and add the remaining ½ sliced onion, 1 chopped red pepper and 2 finely chopped red chillies. Stir until the onions and pepper soften.
8. Add the sauce you prepared earlier to the cooked chicken and simmer for around 10-20 minutes, adding a splash of water if it gets too thick.
9. Just before you dish it up, stir in 2 tsp garam masala and handful of chopped coriander leaves. Serve with basmati rice and/or naan bread.