



Chicken jalfrezi

A quick, hot stir-fried curry of chicken with peppers, onions and green chillies. On the table in half an hour.



Serves 4 **Prep** 15 min **Cook** 25 min

Ingredients

700g boneless chicken breast or thigh, in strips

4 tbsp oil

1 tsp cumin seeds

2 onions, 1 chopped and 1 cut into chunks

1 tbsp ginger paste

1 tbsp garlic paste

400g tin of chopped tomatoes

1 tsp turmeric

1½ tsp chilli powder

2 tsp ground coriander

1 tsp ground cumin

1 tsp salt

2 peppers, in chunks

4 green chillies, sliced

1 tsp garam masala

1 handful fresh coriander, chopped

Method

1. Heat the oil, add the cumin seeds and let them sizzle, then fry the chopped onion for 8 minutes until golden. Add the ginger and garlic and fry for 1 minute.
2. Add the tomatoes, turmeric, chilli, coriander, cumin and salt and cook for 8 minutes until thick.
3. Turn the heat up, add the chicken and stir-fry for 6 to 8 minutes until cooked through.
4. Add the onion chunks, peppers and green chillies and stir-fry for 4 minutes, so they soften but keep some crunch. Finish with garam masala and coriander, and serve with rice.

Tips

- Want it milder? Seed the green chillies and halve the chilli powder.

Ask at the counter for

700g boneless chicken breast or thigh, in strips

