

Chicken Jalfrezi

Ingredients

- 2 tbsp vegetable oil
- 1 skinless chopped chicken breast
- 1 onion, peeled and finely chopped
- 1 clove of garlic
- 1 green pepper
- 1 tin of chopped tomatoes
- 1 tbsp tomato puree
- 100ml water
- 1 tsp ground ginger
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 x tsp chili powder
- 1 tsp ground turmeric and a pinch of salt



Equipment

Chopping board, sharp knife, Pan, wooden spoon, pan stand, teaspoon, tablespoon

Method

1. Chop the onion and the garlic into small pieces on a chopping board.
2. Heat the oil in a pan and fry the onion and garlic over a low to medium heat for 2 minutes using a wooden spoon.
3. Add the chicken pieces to the pan and mix well. Cook for 3-4 minutes until the meat is sealed and opaque in colour.
4. Add a tsp of ginger, cumin, coriander, chilli and turmeric to the pan and mix well. Add the 100ml of cold water.
5. Next add the tomato puree and tinned tomatoes and reduce the heat.
6. Add the green peppers and cook for a further 10 minutes approximately.