

## Chicken jalfrezi



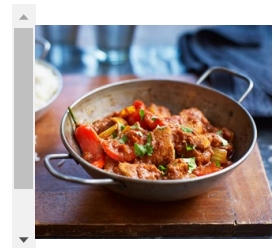
Prep: 10 mins  
Cook: 1 hr



Easy



Serves 4



### 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

cooked basmati rice or naan bread to serve

## Method

- Step 1** Take 2-3 diced chicken breasts and coat in 1 tsp cumin, 1 tsp coriander and 1 tsp turmeric then leave it to marinate in the fridge while you make the sauce.
- Step 2** To make the sauce, 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, for around 5 mins, until browned.
- Step 3** Add 300ml water to the onion mixture and simmer for around 20 minutes.
- Step 4** Meanwhile, put a 400g can plum tomatoes in a [food processor](#) and give it a good whizz (aim for a smooth consistency).
- Step 5** Heat another large pan and gently fry 1 tbsp coriander, 1 tbsp cumin and 1 tsp turmeric in a splash of oil for about a minute. Add the tomatoes to this pan and simmer for around 10 minutes.
- Step 6** Next, whizz 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.*
- Step 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.
- Step 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.
- Step 9** Just before you dish it up, stir in 2 tsp garam masala and handful of chopped coriander leaves. Serve with basmati rice or naan bread.