

CHICKEN JALFREZI :

From
Samboornam,
Derby



INGREDIENTS:

Olive oil 3 teaspoons, 2 peeled and chopped onions, grated ginger and garlic 1-1.5 teaspoons, 2 seeded and chopped green chillies, 2 teaspoons curry powder, 2 teaspoons tomato puree 300gram chicken breast, 150 mls of water, green pepper(sliced)1, coriander leaves(chopped), add salt to taste.

PREPARATION:

1. Heat the oil in a sauce pan, add the onion, chilli and grated ginger and garlic and fry for 4 minutes.
2. Add curry powder and tomato puree and stir well for 30 seconds then add the chicken.
3. Brown the meat quickly on a high heat for 3-4 minutes, then add the water and cook for 6-8 minutes.
4. Stir and add the green pepper and cook for one minute. Tasty chicken jalfrezi is ready to eat now.

Tips: Serve hot with rice or chappattis. Sprinkle the chopped coriander leaves.