

Chicken Jalfrezi

Chicken with Peppers

Hari
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Ingredients

8 chicken thigh, cut into chunks

Tomato gravy

2 tbsp vegetable oil

4 chillies, chopped

1 tsp cumin seeds

4 garlic cloves, sliced

1 tsp salt

4 fresh tomatoes, chopped

½ tsp turmeric

2 tbsp Greek yoghurt (optional)

Jalfrezi fry

½ tsp salt

1 tbsp vegetable oil

1 onion, cut into chunks

1 red pepper, cut into chunks

1 green pepper, cut into chunks

1 tsp cumin seeds

1 tomato, chopped

2 chillies, chopped

1 tsp garam masala

Method

- 01** Heat oil in a pan, add the cumin seeds, chilli and garlic and fry until lightly browned.
- 02** Add the chopped tomatoes, salt and turmeric then cook so the tomatoes break down to make a lovely thick gravy.
- 03** Add the chicken and stir to coat the pieces. Reduce the heat and place the lid on the pan and leave to cook for 15-20 minutes on a low heat.
- 04** I like to add a bit of a zing to the sauce so I stir in some yoghurt, but you don't have to.
- 05** In a separate pan heat some oil and add the cumin seeds, once fragrant stir in the chunky onions and peppers, tomato and the chilli then stir fry. You can cook these as much or as little as you like. I prefer mine with a bit of a crunch.
- 06** Stir in the garam masala for added body and depth.
- 07** Once the chicken is cooked and the sauce has reduced stir in the garam masala fried vegetable mix.

Served with

This is a lovely quick dish to do for a weeknight evening meal. Wonderful when served with a bowl of plain steamed basmati rice.



More on this recipe

<http://www.harighotra.co.uk/chicken-jalfrezi-recipe>

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