



Chicken or Lamb Jalfrezi

Chicken or lamb cooked in a rich, slightly acidic sauce. This dish can also be made with leftover pieces of chicken or lamb. make the sauce and add the cooked meat to heat through at the end.

Serves : 4
Preparation Time : 10 minutes
Cooking Time : 25 minutes

Ingredients

4 tbsp vegetable oil
1 large onion finely chopped
3 cloves garlic, crushed
1 tbsp tomato puree
2 tomatoes, chopped (and peeled if desired)
1 tsp red wine vinegar
1 red pepper, chopped
1 lb / 500g boneless chicken or lamb, chopped into 1 inch pieces. Due to the short cooking style of this dish, good quality meat is essential to avoid toughness.

Herbs & Spices

1 tsp Turmeric
1/2 tsp Cumin Ground
1/2 tsp Coriander Ground
1/2 tsp Chilli Ground
1/2 tsp Garam Masala
2 tsp Coriander Leaf or 2 tbsp fresh chopped Coriander Leaf

Cooking Instructions

Heat the oil in a heavy based frying pan over a high heat until it begins to smoke. Add onion and garlic and fry until golden (take care to not let it burn). Add the tomato puree, chopped tomatoes, turmeric, cumin, coriander, chilli, garam masala and vinegar to the pan and stir fry the mixture until fragrant. Add the meat and stir to coat and allow to brown. Add the pepper and allow to cook for a further 2 minutes before adding a little water to the pan (about 4 - 6 tbsp). Allow the dish to simmer, to cook the meat and peppers through. You are aiming for a fairly dry sauce, so let the water evaporate as it cooks, but add a few tsps more if it gets too dry before the meat is cooked.

Once the meat is cooked, stir through fresh coriander and serve.