

# Jalferzi Chicken



## Herbs and Spices Required:

[to taste Ground Chilli](#)  
[4 Tbs Jalferzi Curry Powder](#)  
[1 tsp Ground Black Pepper](#)

## Ingredients:

800g Chicken cut into 3/4" pieces (or any other meat, fish or vegetables)

1/2 cup Cooking oil

3 Medium onions chopped

14 oz tin Chopped tomatoes

3 cloves garlic

1/2 Lemon

1 Tbs Coriander leaf chopped

Chilli powder (optional) Salt



Fried pieces of marinated chicken braised in a rich spicy sauce

Serves 4

Preparation Time: 2 hours

Cooking Time: 45 mins

## Cooking Instructions:

Mix the Jalferzi spice blend with 2 Tbs of the cooking oil into a paste.

Smear this over the chicken pieces and leave to marinate for two hours in a fridge.

Put the onions and the garlic, finely chopped, in a pan with Tbs oil and fry until soft and light brown. Stir in 2 Tbs Jalferzi mix and fry for 1 min.

stirring continuously. Add tomatoes and cook on high heat for 2 mins.

Add juice of lemon, 1 tsp ground black pepper and liquidise to a thick sauce. Simmer.

Fry the chicken pieces in the remainder of the cooking oil until lightly browned. Put into

sauce and simmer for 10 mins, adding a little water if necessary. Add salt and chillipowder (optional) to taste

Garnish with the coriander leaves and serve with boiled rice or naan bread.