

Chicken Jalfrezi

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DIETARY:
Gluten Free

MAKING THIS RECIPE

Ingredients

Ghee (or Oil) - 3tbsp
Onions - 2 chopped
Root Ginger, grated - 5cm / 2"
Jalfrezi Spice Blend - 4tsp
Chicken, Diced - 4 portions
Green Bell Pepper - half sliced
Red Bell Pepper - half sliced
Tomatoes - 4 chopped
Coriander Leaves - 2tbsp
Salt - to taste

Method

Chicken Jalfrezi Recipe

- 1) Heat the ghee (or oil) in a heavy frying pan and stir-fry the onions, garlic, ginger, Jalfrezi spice blend & chicken for about 5 minutes.
- 2) Add the peppers and fry for a further 5 minutes.
- 3) Mix in the tomatoes and coriander (adding a little water if more sauce if desired) and cook for a further 2 minutes.
- 4) Check chicken is cooked, add salt to taste and serve hot with basmati rice (serves 4).

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