

Chicken Jalfrezi

Ingredients

50g rice

Sauce

$\frac{1}{2}$ onion

1 garlic clove

$\frac{1}{2}$ chilli

$\frac{1}{2}$ cup Passata

Meat and Veg

1 piece of Chicken

1 tbsp. vegetable oil

$\frac{1}{2}$ onion, roughly chopped

$\frac{1}{2}$ fresh chilli

$\frac{1}{4}$ tsp ground coriander

$\frac{1}{4}$ tsp cumin

$\frac{1}{4}$ tsp turmeric

$\frac{1}{4}$ tsp cumin

$\frac{1}{4}$ tsp turmeric

$\frac{1}{4}$ tsp ground coriander

$\frac{1}{2}$ a pepper

1 tsp Garam masala

Handful of fresh coriander

Method

1. Cook the rice and sieve when ready
2. Dice up the chicken and put into a bowl
3. Add the turmeric, cumin and ground coriander from the Sauce ingredients and put into the bowl and mix.
4. Chop up the onion, garlic and chilli roughly and fry till brown.
5. Add 150 mls of water to the onion mixture and let it simmer for 5-10 minutes.
6. Rinse out your saucepan use for the next steps
7. Fry the coriander, cumin and turmeric from the meat and veg ingredients in a splash of oil for about a minute.
8. Add the Passata to this pan and simmer for 2-3 minutes.
9. Next, whizz your onion mixture in the food processor and add it to the spiced tomato sauce. Season generously, stir, then simmer for 10 minutes.
10. Fry the marinated chicken in vegetable oil and stir continuously. After a few minutes, add the onion, pepper and chillies. Stir until the onions and pepper soften.
11. Add the sauce you prepared earlier to the cooked chicken and simmer for around 5-10 minutes, adding a splash of water if it gets too thick.
12. Add the Garam masala and handful of chopped coriander leaves. Serve with basmati rice or naan bread.