

# Chicken Jalfrezi

## Ingredients

- 100 g Rice
- Oil
- $\frac{1}{2}$  an onion
- 1 tbsp. Jalfrezi paste
- $\frac{1}{2}$  a pepper
- $\frac{1}{2}$  a chilli
- 1 garlic
- 1 piece of chicken
- $\frac{1}{2}$  a cup of passata
- 2 tbsp. tomato purée
- Handful of coriander
- $\frac{1}{4}$  cup coconut milk (Optional)

## Method

1. Cook the rice and sieve when ready
2. Chop the coriander roughly.
3. Chop the onion, garlic and chilli finely
4. Cut the pepper into chunks
5. Cut the chicken into bite size pieces.
6. Fry the chicken till it starts browning.
7. Add the onions and peppers cook for a few minutes.
8. Add the garlic, chilli and a pinch of salt.
9. Turn the down the hob.
10. Add passata, tomato purée and 100ml water.
11. Add the Jalfrezi paste and mix well. (add the coconut milk )
12. Simmer on a low heat for 5 mins.
13. Serve with rice and coriander a garnish.