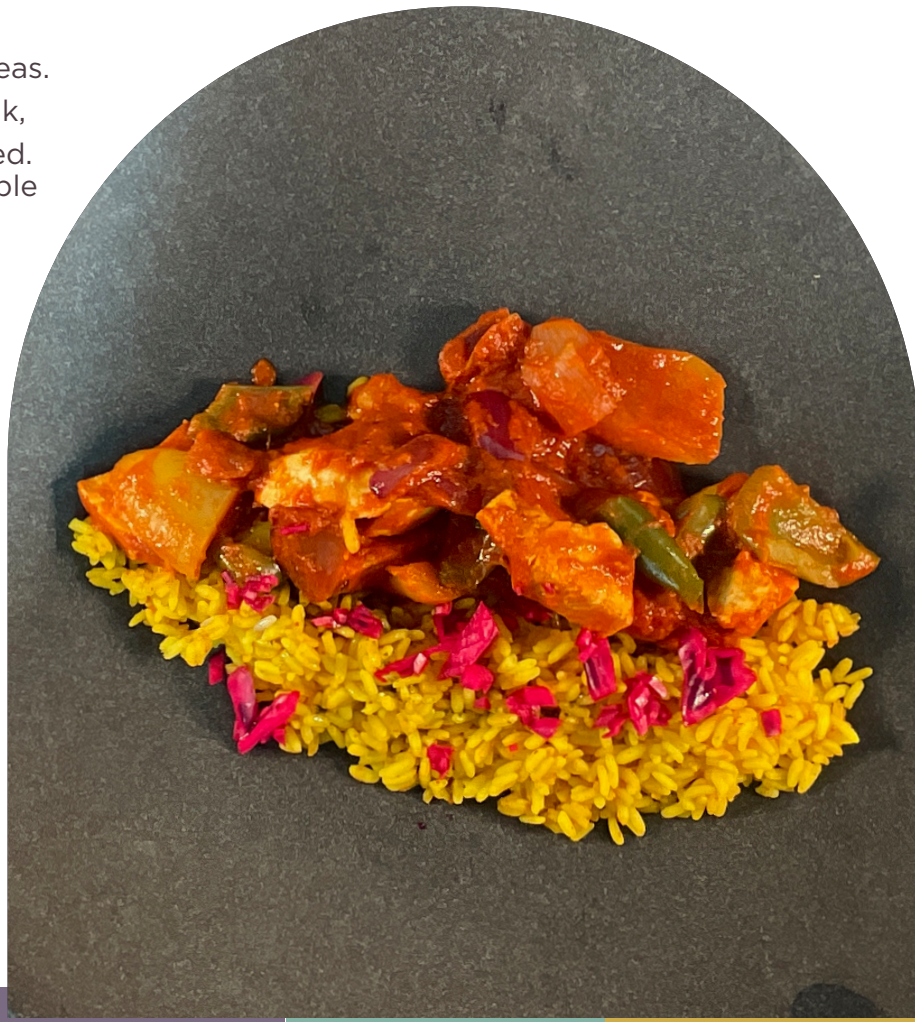
CHICKEN JALFREZI

This recipe makes 4 portions.

QUANTITY	INGREDIENT
10g	Caster sugar
400g	Diced chicken thigh
1/2	Peppers
300g	Canned chopped tomato
25g	Canned Tomato puree
150g	Diced onions
15g	Curry powder
100ml	Coconut milk
40g	Curry paste
5g	Salt
Pinch	Pepper
250g	Basmati Rice
200g	Chickpeas

METHOD

1. Sweat the onions in a little vegetable oil.
2. Add the chicken & peppers with the spices, sugar, water & curry paste.
3. Finally, add the tomatoes and chickpeas.
4. Simmer slowly & add the coconut milk, thicken slightly with gravy mix if required. Always have hot or boiling water available to adjust the consistency of the dish.
5. Whilst this simmers, cook the rice according to the instructions on the packaging.
6. Serve with your favourite accompaniments.



CHEF'S TIPS

Add the peppers at the end of the cooking process & simmer in the curry sauce for 5 minutes until just tender to add crunch.