

# Chicken Jalfrezi Recipe

Spice:	Difficulty:	Total:	Prep:	Cook:
Hot	Serves Easy	25	5	20
1-2		mins	mins	mins

A wonderfully hot and spicy curry with peppers and onions, a best seller in restaurants and one of our personal favourites.

## Ingredients

½ medium **onion (50g)** peeled and sliced into strips

¼ **green pepper** sliced into strips

¼ **red pepper** sliced into strips

1 medium (100g) **onion** peeled and finely sliced

2 chef's spoon (80g) **vegetable oil**

1 teaspoon (10g) **garlic paste**

½ chefs spoon (20g) **BIR tomato paste**

1 teaspoon (3g) **BIR mix powder**

1 teaspoon (3g) **extra hot chilli powder**

1 teaspoon (7g) **salt**

½ teaspoon (1g) **kasoori methi leaves**

5 **green chillies** sliced in half lengthways

150g precooked chicken

200g **BIR base gravy** (100g gravy diluted with 100ml water & heated)

half **fresh tomato** chopped into chunks

handful of **fresh coriander**

## Instructions

- 1 Heat the pan on a medium high heat and add 1 chef's spoon (40g) vegetable oil
- 2 Add the strips of onion and peppers and cook on a medium heat for 5 mins until they start blistering
- 3 Remove the onions and peppers from the pan and keep to to one side
- 4 In the same pan on a medium high heat add 1 chef's spoon (40g) vegetable oil
- 5 Add the garlic paste and BIR tomato paste and stir for around 10 seconds
- 6 Add the finely sliced onion stirring occasionally and cook for around 10 mins until translucent and completely softened
- 7 Add the mix powder, extra hot chilli powder, salt and methi and stir in for another 10 seconds
- 8 Add the fresh tomato and green chillies and stir for 30 seconds
- 9 Add the pre-cooked chicken and stir for around 1 min so that all the chicken pieces are coated with the sauce
- 10 Add the pre cooked onion and pepper strips and stir
- 11 Add the base gravy and simmer on a high heat for around 2 mins whilst occasionally stirring, scrape off any dried sauce on the edges back into the pan

- 12 Turn down to a low heat and simmer for another 5 mins until the sauce thickens and is a dry consistency
- 13 Add the coriander and stir through

### Get our BIR Recipe eBook for FREE! Worth £9.99

Cook curries at home that taste as good as the ones you get from your local Indian restaurant. Contains over 40 recipes with tips, tricks and all our secrets from over 30 years of cooking Indian food.

Enter your details below and we will email you a FREE copy of the eBook

Your email address

[Get the FREE eBook](#)

[Order the print version of the BIR Recipe Book](#)

