



# Chicken jalfrezi

Prep: 10 minutes • Cook: 45 minutes • Serves: 4



## Ingredients

240g Basmati rice  
2 small onions  
4 garlic cloves  
1 inch piece of fresh ginger  
2 tablespoons vegetable oil  
2 medium tomatoes  
2-4 green chillies (depending on how spicy you want it)  
½ teaspoon ground turmeric  
1 ½ teaspoons ground coriander  
1 teaspoon ground cumin  
2 teaspoons red chilli powder  
500g chicken breast, skinless  
1 red pepper  
30g fresh coriander  
1 teaspoon garam masala powder  
125-250ml water

## Nutritional info

Low phosphate ✓

Low potassium ✓

Carbohydrate **59g**

Low protein ✗

Low salt ✓

Low fat ✓

Cost per portion (November 2023) **£1.92**

Energy in kcals **593**

- 1** Rinse rice under running water for 10 seconds. Drain, pour into a bowl, cover with cold water. Soak for 30 minutes.
- 2** Heat the oil in a large, non-stick saucepan over a medium heat. Add the onions and stir for 3 minutes until translucent. Add the chopped ginger and garlic and cook for a further 2 minutes.
- 3** Add the chopped chillies and tomatoes, followed by turmeric, coriander and chilli powder and stir well. Add 50ml of water and cook for 5 minutes.
- 4** Add the chicken breast pieces to the pan and cook for 15 minutes, stirring occasionally. Add a splash more water, if needed to stop it sticking. While the chicken is cooking, drain the rice using the sieve. Bring a saucepan of water to the boil, then add the drained rice. Cover and simmer for 10 minutes.
- 5** Once the chicken is cooked, add the red pepper pieces to the curry pan with another 125ml of water. Cover and simmer for 5 minutes. Add most of the chopped coriander leaves to the curry (reserving a handful to garnish when serving), followed by the garam masala powder. Simmer for 2 minutes for the flavours to combine.
- 6** Once cooked, drain the rice. Serve the curry and rice together and garnish with chopped coriander leaves