



# TRADITIONAL CHICKEN JALFREZI

A classic medium-hot curry  
with crunchy peppers and  
onions in a rich glossy sauce



PREP TIME  
10 mins



COOK TIME  
40 mins



SERVES  
2-4



SPICE LEVEL  
HOT  
*Adjust to taste*



DIFFICULTY  
EASY - MEDIUM



HIGH HEAT  
COOKING



KARAHI  
OR BALTI  
PAN



FAST PAN  
COOKING

PERFECT FOR

## Ingredients

- Ingredients
- Chicken & Sauce
- 500g chicken breast, diced
- 4 tbsp ghee or oil
- 3 cloves garlic, crushed
- 1 x 400g tin chopped tomatoes
- 4-6 green chillies
- 2 tsp cumin
- 2 tsp coriander
- 3 tsp chilli powder
- 1 tsp turmeric
- 1 tsp garam masala
- Salt to taste
- Stir-Fry
- 2 bell peppers, chunky cut
- 1 large onion, chunky cut
- 1 sliced garlic clove
- Small piece sliced ginger
- Whole green chillies (optional)
- Cherry tomatoes (optional)
- Fresh coriander
- Squeeze of lemon juice
- Whole Spices
- 1 cinnamon stick
- 4 cardamom pods
- 1 tsp mustard seeds

## Method

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1. Prep and measure all ingredients before cooking.
2. Fry the garlic and chopped chillies in oil or ghee until fragrant.
3. Add the tomatoes and simmer until softened and the oil separates.
4. Stir in the spices with a splash of water and cook for 10 minutes.
5. Heat fresh oil in a wok or frying pan and stir-fry the ginger, garlic, and chicken on high heat.
6. Add the whole spices, turmeric, and prepared jalfrezi sauce. Simmer until the chicken is cooked through.
7. Stir in the peppers, onions, chillies, and cherry tomatoes, cooking briefly so the vegetables stay slightly crisp.
8. Finish with garam masala, coriander, and a squeeze of lemon juice before serving.

*Pro Tip !!* Keep the Onions and Peppers Crisp for the Best Texture and Authentic Flavour! 



Curry Academy

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