



BIR CHICKEN JALFREZI

A classic BIR-Style dish with tender chicken
chunky vegetables and a tangy sauce



PREP TIME

10 mins



COOK TIME

20 mins



SERVES

2-4



SPICE LEVEL

Fairly hot



DIFFICULTY

Easy- Medium



HIGH HEAT
COOKING



KARAHI
OR BALTI
PAN



CHINESE
WOK

PERFECT FOR

Ingredients

- 1 portion pre-cooked chicken or 1-2 chicken breasts, cubed
- 250-300ml base gravy
- 2-3 tbsp oil or ghee
- 1 tbsp garlic & ginger paste

Vegetables

- 1 onion, cut into petals
- ½ green pepper, chunky cut
- ½ red pepper, chunky cut
- 1-2 green chillies, sliced

Spices

- 1 tsp turmeric
- 1 tsp cumin powder
- 1 tsp coriander powder
- 1 tsp chilli powder

Finish

- 1 tbsp tomato paste or 1 chopped tomato
- 1-2 tsp vinegar or lemon juice
- ½ tsp garam masala
- Fresh coriander
- Salt to taste

Optional Small squeeze of ketchup for an authentic
takeaway-style finish 🍷

Method

1. Heat the oil and fry the garlic & ginger paste for 20-30 seconds.
2. Add the spices and tomato paste, cooking for 1 minute until fragrant.
3. Pour in a little base gravy and stir until a smooth sauce forms.
4. Add the chicken and simmer for 3-4 minutes.
5. Add the remaining base gravy and cook until the sauce reaches your desired consistency.
6. Stir in the onions, peppers, and green chillies, cooking on high heat for 2-3 minutes so they stay slightly crisp.
7. Add the vinegar or lemon juice, garam masala, and a pinch of salt.
8. Finish with fresh coriander and serve immediately.

Stevie's
Tip!!

Keep the vegetables crunchy and the heat high — the contrast between the crisp peppers and rich sauce is what gives a proper BIR Jalfrezi its signature texture.



Curry Academy

Visit the Curry Academy for guides on BIR cooking, traditional curries, spice blends, base gravies, pressure cooking, curry techniques, and ingredient masterclasses designed to help you cook better curry at home.

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www.steviescurrymagic.com