**Chicken Jalfrezi**



**For the sauce**

* ½ large onion, roughly chopped
* 2 garlic cloves, chopped
* 1 green chilli, finely chopped
* vegetable oil, for frying
* 400g can plum tomatoes
* 1 tbsp ground coriander
* 1 tbsp ground cumin
* 1 tsp turmeric

**For the meat & veg**

* 2-3 chicken breasts, diced
* 1 tsp ground cumin
* 1 tsp ground coriander
* 1 tsp turmeric
* ½ large onion, sliced
* 1 red pepper, chopped
* 2 red chillies, finely chopped (optional)
* 2 tsp garam masala
* handful of fresh, chopped coriander leaves
* Cooked basmati rice, naan bread or flatbreads to serve....

**Method**

* Take 2-3 diced chicken breasts and coat in 1 tsp cumin, 1 tsp coriander and 1 tsp turmeric then leave it to marinate in the fridge while you make the sauce.
* To make the sauce, fry ½ roughly chopped large onion, 2 chopped garlic cloves and 1 finely chopped green chilli in a large pan with a little vegetable oil, for around 5 mins, until browned.
* Add 300ml water to the onion mixture and simmer for around 20 minutes.
* Meanwhile, put a 400g can plum tomatoes in a [food processor](https://www.bbcgoodfood.com/content/test-five-best-food-processors) and give it a good whizz (aim for a smooth consistency).
* Heat another large pan and gently fry 1 tbsp coriander, 1 tbsp cumin and 1 tsp turmeric in a splash of oil for about a minute. Add the tomatoes to this pan and simmer for around 10 minutes.
* Next, whizz your onion mixture in the food processor and add it to the spiced tomato sauce. Season generously, stir, then simmer for 20 minutes. *You can make large batches of this sauce and freeze it for later use by doubling up the ingredients leaving you with an easy and quick curry to cook....*
* Fry the marinated chicken in vegetable oil and stir continuously. After a few minutes, turn down the heat and add the remaining ½ sliced onion, 1 chopped red pepper and 2 finely chopped red chillies.
* Stir until the onions and pepper soften.
* Add the sauce you prepared earlier to the cooked chicken and simmer for around 10-20 minutes, adding a splash of water if it gets too thick.
* Whilst the curry is finishing off, measure out half a mug (2 people) or a mug (4 people) of uncooked rice. Add double the amount of boiling water to a small lidded saucepan on medium heat (1/2 mug rice = 1 mug boiling water for example).
* Add rice to water when it is bubbling. Cook on a low medium heat for 10 minutes WITHOUT TAKING OFF THE LID!!! Take off the heat after 10 mins...
* Just before you dish it up, stir in 2 tsp garam masala and handful of chopped coriander leaves.
* Serve with basmati rice or naan bread.