

Dinner

RECIPE CARD

Chicken Jalfrezi (serves 2)

RECIPE NAME

Dinner

MEAL TIME

15 minutes

PREP TIME

30 minutes

TIME TO COOK

Who needs a takeaway
when dinner can be
this good?!

NOTES

412kcal
per serving

CALORIES

INGREDIENTS

- ★ Low-Calorie Cooking Spray
- ★ 400g Chicken Breast (cut into smallish bite-size pieces)
- ★ 1 tsp Cumin Seeds
- ★ 1 Onion, diced
- ★ 1 Red Pepper, diced
- ★ 1 Green Pepper, diced
- ★ 1 Garlic Clove, minced
- ★ 2 cm piece of Ginger, peeled & grated
- ★ 1 tbsp Curry Powder
- ★ ¼ tsp Chilli Powder
- ★ 1 tsp Ground Coriander
- ★ 1 tsp Ground Cumin
- ★ 2 tbsp Water
- ★ 400g tin Chopped Tomatoes
- ★ 1 tbsp dried Coriander Leaf

METHOD



Spray a large frying pan with low-calorie cooking spray and gently fry the cumin seeds for 3 minutes until they gently start to smoke.



Now add all the vegetables and cook until the onions have softened.



Add all of the spices and salt (*hold back the coriander leaf*) and cook for another two minutes. After, add the chicken and 1 tbsp of the water, place the lid on top and cook on a medium to low heat for a further 10 minutes.



Lastly, pour in the tomatoes, stir in the remaining coriander and 1 tbsp of water, replacing the lid to cook for a final 15 minutes, stirring occasionally.