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CHICKEN JALFREZI

Chicken Jalfrezi is a really quick and easy recipe guaranteed to get your taste buds dancing! You can substitute diced beef or lamb for the chicken - just allow 20 minutes' extra cooking time for the meat to tenderise. For vegetarians, Quorn fillets work really well.

Serves four

Per serving: 288 Calories, 5g fat
(excluding rice)

Prep time 10 mins

Cook Time 25 mins

INGREDIENTS

4 skinless chicken breasts
1 tsp ground cumin
1 tsp ground coriander
2 tsps garam masala
1 x 2.5cm (1in) piece fresh ginger, finely chopped
2 red onions, diced
1 red and 1 green pepper, seeded and diced
2 garlic cloves, crushed
1 small red chilli, sliced
juice of 1 lime
2 tsps vegetable bouillon stock powder or crushed stock cube
900g tomato passata
1 tbsp chopped fresh coriander
freshly ground black pepper
1 tbsp chopped fresh mint
fresh mint leaves to garnish

METHOD

1. Slice the chicken into bite-sized pieces, season with black pepper and place in a bowl. Add the cumin, ground coriander, garam masala and ginger and mix well.
2. Preheat a non-stick wok until hot. Dry-fry the onions, peppers and garlic for 2 - 3 minutes until they start to colour.
3. Add the chicken and continue cooking for 5 - 6 minutes until the chicken starts to change colour. Add the remaining ingredients except for the fresh coriander and mint. Reduce the heat and simmer gently for 20 minutes.
4. Just before serving stir in the coriander and mint. Spoon into a warmed serving dish and garnish with mint leaves.
5. Serve with boiled basmati rice. To cook the rice place 1 Blue Portion Pot® (55g, 208kcal) of uncooked rice per person in boiling water with a vegetable stock cube. Cook according to instructions.



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