



Cooking Instructions

Chicken Jalfrezi

Larder Essentials

Chicken breast or thighs (125-150g per person)
100ml stock per person
100g chopped plum tomatoes (tinned) per person
Salt
½ medium onion per person
Pilau or Basmati Rice

Optional

Small new potatoes
Cherry Tomatoes

Garnish

Coriander leaves,
2 red chillies

Kit Contents

Sachets of Jalfrezi paste,
dried chilli flakes,
creamed coconut block,
palm sugar.

Introduction

Once you have seasoned the curry according to the instructions below, the final timing for when the curry is ready just depends on when the chicken is cooked and how thick you want the sauce to be. Test the largest piece of chicken by cutting in half to check it is cooked. I use chicken thighs for slicing and chicken breasts for cutting into cubes. The weight of chicken per person in the shopping list is only a guide as I tend to use 2 thighs or 1 breast per person but I do get them from my local butcher as they tend to be bigger and better.

Preparation

1. Remove any skin or bone from the chicken portions and cut into similar size pieces.
2. Slice the onions.
3. Measure out 100ml stock per person.
4. Measure out 100g chopped tomatoes per person.
5. If adding new potatoes, boil and cut in half when cooled.
6. If adding cherry tomatoes, slice them in half.
7. Measure out (use the packet quantity advice as a guide) and wash the rice. – if using a Mister Paste rice seasoning kit, refer to its cooking instructions.

Garnish when serving (optional): Pick a few coriander leaves. Slice the fresh red chillies in half lengthways and de-seed without removing from the stalk.

Method

1. Start cooking your rice.
2. Gently heat 3 tablespoons oil in a pan.
3. Place sliced onions in the oil and gently fry until translucent.
4. Add the paste to the pan and gently simmer for 5 minutes,
5. Add the chopped chicken, chopped tomatoes, coconut cream block and half of the stock and bring to the boil for a minute then simmer for a further 10 minutes.
6. Season the curry for salt, sweet and spice.
 - 6.1. Salt test. Add a good pinch of salt, stir and taste. Repeat until you get a hint of saltiness.
 - 6.2. Sweet test. Add a portion of palm sugar, stir and taste. Repeat until you get a hint of sweetness.
 - 6.3. Spice test. Add some dried chilli flakes, stir and allow to simmer for 2 minutes. Taste and repeat until it reaches your preferred level of heat.
7. If using potatoes and/or tomatoes, add them now.
8. Add the remaining stock (or water) to keep the curry loose and keep it simmering until the sauce is reduced to the consistency you prefer. Test to see if the chicken is cooked, if not repeat.
9. Stir in some chopped coriander leaves (optional).
10. Remove any oil that may come to the surface before serving.
11. Serve with rice.