

Hearty Chicken Jalfrezi Curry

with Chapati and Kachumber

hellóchef

Enjoy an abundance of chicken and flavour in this classic Indian curry.

Cals 605 • Prot 63 • Carbs 66 • Fat 11

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🕒 cook: 30 min

R2897



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Curry	2 ppl	3 ppl	4 ppl	
Chicken breast	400	600	800	Grams
Coriander cumin powder	4	4	8	Grams
Turmeric powder	2	2	4	Grams
Cardamom powder	2	2	4	Grams
Vegetable oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Red onion	1	1	2	Piece
Garlic cloves	2	3	4	Piece
Green pepper	1	2	2	Piece
Small green chilli	1	2	2	Piece
Garam masala	4	5	8	Grams
Tomato paste	30	50	70	Grams
Tomato passata	200	400	500	Grams
Water	150	125	200	ML
Chicken stock cube 4*, 5*, 9*, 15*	0.5	1	1	Piece
Brown sugar	10	15	20	Grams
Salsa				
Cucumber	1	2	2	Piece
Tomatoes	1	1	2	Piece
Fresh coriander	15	15	15	Grams
Salt	0.5	0.5	1	Tsp
Serve				
Chapati 10*, 11*	4	6	8	Piece

Allergens

*4 Milk, *5 Eggs, *9 Soya, *15 Celery, *10 Wheat, *11 Gluten

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2530 / 605
Fat (g)	10.5
of which saturates (g)	2.6
Carbohydrate (g)	66
of which sugars (g)	19.5
Fiber (g)	11
Protein (g)	62.6
Salt (g)	3.1

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Marinate chicken

Chop the **chicken** into bite-sized pieces. Combine a drizzle of **oil** with the **coriander cumin, turmeric, cardamom powder** and a pinch of **salt** in a large bowl. Add the **chicken** to the bowl, mix well and set aside.

Tip! If cooking for kids, set aside a portion of plain chicken.



2 Prep

Peel and finely slice the **onion**. Peel and roughly chop the **garlic**. Deseed and finely slice the **green pepper**. Finely slice the **green chilli**.

Tip! Sensitive to spice? Carefully remove the seeds of the green chilli, if you prefer a milder flavour.



3 Make sauce

Heat a small saucepan over a medium-high heat with a drizzle of **oil**. Once hot, add the **onion** with a pinch of **salt** and fry for 5 min until softened. Add the **garlic, garam masala, tomato paste** and **green chilli (spicy!)** and fry for 1 min further.

Tip! If cooking for kids, leave out the chilli.



4 Simmer

Add the **tomato passata, measured water, [0.5/1/1] chicken stock cube** and the **brown sugar**. Bring to a simmer, then cover with a lid and reduce the heat to medium. Simmer for 5 min. Remove from the heat and use a hand-held blender to blitz the sauce until smooth

Tip! Don't have a hand held blender? Transfer the sauce to a regular blender and blitz until smooth



5 Make curry

Meanwhile, heat a large pan over a medium-high heat with a drizzle of **oil**. Once hot, add the the **chicken** and **peppers** with a pinch of **salt** and fry for 2-3 min. Reduce the heat to medium. Add the **curry sauce**, cover with a lid and simmer, stirring occasionally for a final 5 min until thickened.

Tip! If cooking for kids, set aside a portion of the curry sauce, and fry the plain chicken separately.



6 Serve

Meanwhile, chop the **cucumber** and **tomato** into cubes. Pick and finely chop the **coriander** leaves. In a small bowl, combine the **cucumber** and **tomato** with the **coriander** and a pinch of **salt**. Microwave the **chapatis** for 30 sec until warm. Serve the **chicken jalfrezi** with the **chapati** and the **cucumber** and **tomato salsa** alongside.

Tip! If cooking for kids, set aside a portion of the cucumber and tomato. Serve the cucumber, tomato, chapati, chicken and curry sauce separately.