

Quick and easy



Chicken jalfrezi

Serves 1

1 tsp coconut oil

145g skinless chicken breast fillet, cut into bite-sized pieces

1 small onion, peeled and sliced

½ green pepper, deseeded and cut into chunks

½ red pepper, deseeded and cut into chunks

1 tomato, diced

1 clove of garlic, peeled and crushed

½ tsp hot or mild chilli powder

½ tsp ground cumin

½ tsp garam masala

½ tsp turmeric

2 tsp tomato puree

10g almond butter

1 tbsp yoghurt, such as Greek, natural, soy

Salt and pepper

2 poppadoms, heated in the microwave

Method

Heat the coconut oil in a deep frying pan over a high heat, add the chicken and fry for 5 minutes until browned. Remove from the pan with a slotted spoon and set aside.

Tip the onion, peppers, tomato and garlic into the pan and fry for 7–8 minutes until softened. Add the spices, fry for a minute then stir in the tomato puree and almond butter. Add a splash of water, return the chicken to the pan and cook for 2–3 minutes until the sauce has thickened and the chicken is cooked through. Remove from the heat, stir through the yoghurt and season with salt and pepper. Serve with the poppadoms.

Tip

Batch cook this recipe and keep in the fridge for up to 3 days or in the freezer for up to 1 month. Defrost overnight in the fridge before reheating and adding the yoghurt.