

# CHICKEN JALFREZI



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**Serves 4**

**NUTRITIONAL INFORMATION:**

Gluten free, higher protein

Kcal: **456**

Protein: **25.5g**

Carbohydrate: **7.5g**

Fat: **36g**



**INGREDIENTS**

- 4** Chicken breasts, diced
- 1** Onion, sliced
- 2** Garlic cloves, chopped
- 2 tbsp** Coconut Oil
- 3 tsp** Ground Turmeric
- 1 tsp** Chilli Powder
- 1½ tsp** Salt
- 400g** Tin Chopped Tomatoes
- 1 tbsp** Ghee
- 3 tsp** Ground Cumin
- 3 tsp** Ground Coriander
- 2 tbsp** Root Ginger, grated
- 25g** Fresh Coriander

**COOKING TIME: 45 minutes**

**METHOD:**

- Heat oil in large, deep pan over medium heat. Add onions & garlic, cook for 2 mins. Add chicken, turmeric, chilli powder & salt. Fry gently, scraping bottom of pan frequently & stirring the chicken.
- Pour in tomatoes, cover pan & simmer for 20 mins.
- Uncover & simmer for 10 mins.
- Add ghee, cumin, ground coriander, ginger & fresh coriander and simmer for 5-7 mins.