

How to Make a Traditional Indian Chicken Jalfrezi

Yield: 5 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-indian-chicken-jalfrezi-recipe>

Ingredients:

- 700 grams cooked chicken skinned and cut into chunks
- 3 tablespoons vegetable oil or ghee, Indian clarified butter
- 1 tablespoon mustard seeds
- 1 tablespoon cumin seeds
- 1 teaspoon ground coriander
- 1 teaspoon turmeric
- 1 teaspoon chilli powder
- 1 onions large, finely chopped
- 7 cloves garlic smashed and finely chopped
- 20 dried garlic flakes optional
- 1 inch ginger piece of, grated
- 1 red onion finely sliced
- 3 green chilli peppers more or less to taste
- 1 carrot cut into 2mm thick pieces
- 1 green bell pepper cut into strips
- 3 tomatoes large, and their juices - diced
- 1 bunch coriander leaves finely chopped
- 2 tablespoons garam masala
- 2 limes
- salt
- pepper

Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 125 milligrams
4. Fat: 29 grams

5. Fiber: 6 grams
 6. Protein: 42 grams
 7. SaturatedFat: 6 grams
 8. Sodium: 300 milligrams
 9. Sugar: 8 grams
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