

Chicken Jalfrezi | Air Fryer Jalfrezi

Yield: 4 min
Total Time: 25 min

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

Ingredients:

- 1 pound boneless skinless chicken thighs cut into large, 2 inch pieces
- 1 cup onions chopped
- 2 cups chopped bell peppers
- 2 tablespoons oil
- 1 teaspoon kosher salt
- 1 teaspoon turmeric
- 1 teaspoon Garam Masala
- 1 teaspoon cayenne pepper
- 1/4 cup tomato sauce
- 1 tablespoon water
- 1 teaspoon Garam Masala
- 1/2 teaspoon kosher salt
- 1/2 teaspoon cayenne pepper

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 75 milligrams
4. Fat: 11 grams
5. Fiber: 3 grams
6. Protein: 26 grams
7. SaturatedFat: 2 grams
8. Sodium: 1100 milligrams
9. Sugar: 5 grams

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