

# Indian Restaurant Chicken Jalfrezi

Yield: 4 min  
Total Time: 30 min

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

## Ingredients:

- 2 teaspoons spice mix indian restaurant, or curry powder – recipe link below
- 1 teaspoon chili powder
- 3/4 teaspoon paprika
- 1 teaspoon methi kasoor, – dried fenugreek leaves
- 1/2 teaspoon tandoori masala
- 1/2 teaspoon kosher salt
- 4 tablespoons neutral oil
- 1 gram vegetable oil
- 1/2 cup green pepper coarsely chopped
- 1/2 cup coarsely chopped onion
- 1 tablespoon garlic /ginger paste – recipe link below
- 1 tablespoon tomato paste with enough water to dilute to the consistency of pasatta
- 1 tablespoon cilantro stems – finely chopped
- 15 ounces base curry, – recipe link below
- 12 ounces pre cooked chicken or lamb
- 2 green chilies finger hot, cut into half then split
- 4 cherry tomatoes halved

## Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 9 grams
3. Fat: 14 grams
4. Fiber: 2 grams
5. Protein: 4 grams
6. SaturatedFat: 1 grams
7. Sodium: 590 milligrams
8. Sugar: 5 grams

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