

Chicken Jalfrezi



Ingredients

Description	Ptn	10ptn	50ptn	100ptn	200ptn
Diced Chicken 50/50	56 g	560 g	2.8 kg	5.6 kg	11.2 kg
Onions	17 g	167 g	833 g	1.67 kg	3.33 kg
Ground Cumin	0 g	2 g	10 g	21 g	42 g
Ground Ginger	0 g	2 g	10 g	21 g	42 g
Garam Masala	0 g	2 g	10 g	21 g	42 g
Garlic Puree	0 g	4 g	21 g	42 g	83 g
Tomato Paste	2 g	21 g	104 g	208 g	417 g
Chopped Tomatoes	33 g	333 g	1.67 kg	3.33 kg	6.67 kg
Diced Peppers	8 g	83 g	417 g	833 g	1.67 kg
Plain Flour	2 g	21 g	104 g	208 g	417 g
Water	42 ml	417 ml	2.08 L	4.17 L	8.33 L

Method

Sweat off the diced onions in hot oil with cumin.

Add ground ginger and crushed garlic, and sweat off for another 3 minutes.

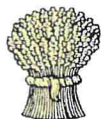
Add chicken and seal quickly.

Add diced peppers, tomato puree, chopped tinned tomatoes, flour and curry powder and cook out – stirring.

Just cover with water and simmer for 30 minutes.

Serve with rice.

Assembled Tags



Contains Wheat