



# Chicken Jalfrezi

with tomato and onion raita

Calorie Smart 25-30 mins • Spicy

16



Diced Chicken Breast



Rice



Bell Pepper



Onion



Garam Masala



Coriander



Yoghurt



Tomato



Chicken Stock



Harissa Paste



Chopped Tomato with  
Onion & Garlic

Pantry Items: Salt, Pepper, Oil, Water, Sugar

## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Pot with lid

## Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Rice	150 g	300 g
Bell Pepper	1 unit	2 units
Onion	1 unit	2 units
Garam Masala	1 sachet	2 sachets
Coriander	5 g	10 g
Yoghurt	75 g	150 g
Tomato	1 unit	2 units
Chicken Stock	1 sachet	2 sachets
Harissa Paste	1 sachet	2 sachets
Chopped Tomato with Onion & Garlic	1 pack	2 packs

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	649.5 g	100 g
Energy (kJ/kcal)	2577.3 kJ/ 616 kcal	396.8 kJ/ 94.8 kcal
Fat (g)	10.1 g	1.6 g
Sat. Fat (g)	2.5 g	0.4 g
Carbohydrate (g)	89.8 g	13.8 g
Sugars (g)	22.8 g	3.5 g
Protein (g)	41.8 g	6.4 g
Salt (g)	4.3 g	0.7 g

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

Thumbs up or thumbs down?  
Head online or use the app to  
rate this recipe.



You can recycle me!



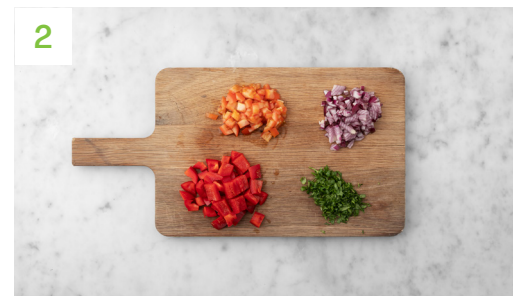
## Cook the Rice

- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium and cover with the lid.
- Leave to cook for 10 mins, then remove the pot from the heat.
- Keep covered for another 10 mins or until ready to serve (the rice will continue to cook in its own steam).



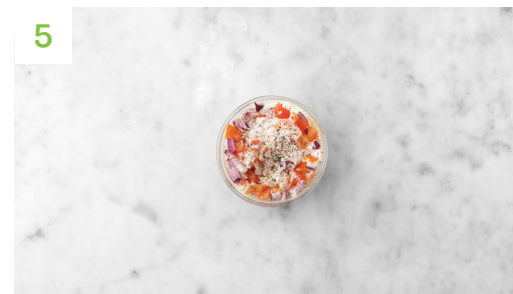
## Simmer the Sauce

- Reduce the heat to medium-high.
- Pour in the **chopped tomatoes with onion and garlic, harissa paste** and **chicken stock powder**.
- Cover and simmer for 8-10 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.
- When 2-3 mins of cooking time remain, stir in the **garam masala** and ½ tsp **sugar** (double for 4p).
- Taste and season with **salt, pepper** and **sugar**.



## Get Prepped

- Meanwhile, halve, peel and chop the **onion** into small pieces.
- Halve the **bell pepper** and discard the core and seeds. Chop into 2cm chunks.
- Cut the **tomato** into 1cm chunks.
- Roughly chop the **coriander** (stalks and all).



## Make the Raita

- While the curry simmers, mix the diced **tomato**, remaining **onion** and **yoghurt** together in a bowl.
- Mix well then season to taste with **salt** and **pepper**.



## Fry the Veg

- Place a separate large pot over high heat with a drizzle of **oil**.
- Add the **chicken**, chopped **pepper** and **half** the chopped **onion**. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging.
- Season with **salt** and **pepper**.
- Fry until **chicken** is browned all over, 5-6 mins. Stir occasionally.

**TIP:** Notice a stronger smell from your chicken? Don't worry, this is normal due to vacuum packing we use to keep it fresh.



## Garnish and Serve

- Fluff up the **rice** with a fork and divide between bowls.
- Top with the **chicken** jalfrezi and serve the cooling raita alongside.
- Garnish with a sprinkling of chopped **coriander**.

## Enjoy!