

Chicken Jalfrezi

Method

1. Open the tin of chopped tomatoes (ready for later)
2. Wash your onion, pepper and fresh tomatoes
Use a colander and a plate to catch drips
3. **Peel** then **dice** the onion
Use a brown chopping board
Use a small bowl for scraps and peelings
4. **Crush** or **finely chop** the garlic
Use a brown chopping board
5. **Slice** the pepper into even sized batons
Use a green chopping board
6. **Quarter**, then **roughly chop** the tomatoes **[A]**
Use a green chopping board
7. **Chop** chicken into even sized pieces on a red chopping board **[B]**
You may cut chicken with kitchen scissors if you prefer
! Wash your hands and knife (scissors) after touching raw chicken
8. Add oil and 1 piece of onion to the saucepan
Your teacher will add the oil for you
9. Heat the oil to the correct frying temperature
! Heat on number 6 but immediately turn down to 3 when test piece of food sizzles – stay focussed
10. Add onion, pepper and garlic and **gently fry** for a few minutes
You do not want the onions to brown, just soften
Stir with a wooden spoon
11. Add the curry powder and **fry** on medium heat for 1 minute
12. Add the sliced chicken and **fry** until cooked
! Cooked chicken is white all the way through
! Using the measuring jug, add a drop of water if ingredients start sticking to the bottom of the saucepan
13. Add the fresh and tinned tomatoes
14. Add the tomato puree
15. **Simmer gently** for 15 minutes **[C]**
Stir occasionally and add water as needed

Ingredients

- 1 or 2 chicken breast fillets
- 1 onion
- 2 fresh tomatoes
- 1 tin of chopped tomatoes
- 1 green pepper
- 2 cloves of garlic (optional)
- 1 tbsp tomato puree
- 2 tbsp curry powder (school)
- 2 tbsp oil (school)
- Container

Equipment

- Blue tray
- Safety mat
- Wooden spoon
- Kitchen scissors
- Timer
- Vegetable knife
- Measuring spoons
- Can opener

- Colander and plate
- Small bowl
- Medium saucepan
- Chopping boards
- Measuring jug

Key Moments



[A] Quartered tomatoes
(slice again to roughly chop)



[B] Chopped chicken (even
sized pieces)



[C] Completed curry simmering