



## Chicken jalfrezi slow cooker style

Chicken Jalfrezi is one of my favourite curry recipes. If I'm ordering in an Indian restaurant, it will be chicken jalfrezi or chicken madras. Ironically, Jal means pungently spicy, which this dish is and frezi means stir fried. Of course, with this recipe we stir fry nothing, yet the finished product is just as delicious, in my opinion even better than many of the shop-bought Jalfrezi dishes I have enjoyed over the years.

If you want to add creaminess to the finished dish, add a few spoonfuls of Greek yoghurt.

### Ingredients: Serves 4

4 chicken breasts, cubed	5cm piece cinnamon
3 cloves garlic, chopped chunky	1 tsp turmeric
1 red onion, diced	1 tbsp cumin
2" piece fresh ginger, grated	5 tomatoes roughly chopped
1 red pepper, sliced lengthways	400g tin chopped tomatoes
1 green pepper, sliced lengthways	Handful of freshly chopped coriander
3 green chillies, whole	1-2 tbsp Greek yoghurt (optional)
1 red chilli	Serve with pilau rice

### Method:

Chicken Jalfrezi is among the easiest slow cooker curries to prepare. You literally place every ingredient into the slow cooker except for the fresh coriander. Cook on a high setting for 5 - 6 hours. Add the fresh coriander just before serving.

Serve with your favourite rice dish. I like to serve chicken jalfrezi with [pilau rice](#).

Add salt and pepper to taste.