



bit spicy

Jalfrezi curry with chicken

We are frequently asked which of our spice blends would work for a Jalfrezi. This is a spicy British curry house dish which has its origins in using up leftover cooked meat, often lamb, with fresh chillies adding a punchy bite! Mild to medium ones will add lots of flavour without the burn. Make up the sauce, fry some fresh chillies and add meat - easy! **serves 4-6**

- 1 carton Keralan or Bangladesh spice blend
 - 1 tbsp vegetable oil
 - several fresh chillies, sliced lengthways (the variety and heat level is up to you!)
 - 300ml [secret sauce](#)
 - 1 tin tomatoes, blended
 - 700g chicken, cut into bite-sized pieces (this can be raw or cooked)
 - more fresh chillies and coriander, to garnish
1. Heat the oil in a large pan and fry the chillies with the spices until you can smell them.
 2. Add the sauce and tomatoes, bring to the boil then simmer for an hour or so.
 3. Add the meat, making sure it is cooked through if you are using raw meat.
 4. Serve with rice or bread, and garnishes.