

BUTTER CHICKEN



Serves 4 | Prep time: 15 mins (excl. marinating time)

Cook time: 30 mins

INGREDIENTS

Marinade

½ cup natural or Greek yoghurt
2 garlic cloves, crushed
1 tbsp ginger, grated
1 tsp ground cumin
½ tsp turmeric
1 tsp garam masala
½ tsp ground coriander seeds
½ tsp chilli powder (optional)
½ tsp paprika
600g chicken, cut into bite size pieces

Curry

1 tbsp extra virgin olive oil
1 tbsp butter
1 onion, diced
1 cup tomato puree (passata)
1 cup lite coconut cream
Pinch of salt

Basmati rice and broccoli or green beans to serve

METHOD

1. Place marinade ingredients in a mixing bowl. Add chicken and stir to coat. Cover with cling wrap and refrigerate for 3-4 hours.
2. Heat oil and butter in a frying pan over medium heat. Add onion and cook for 3 minutes, stirring regularly.
3. Add chicken mixture to the pan and cook for 3 minutes or until the chicken changes colour.
4. Add the puree, coconut cream and salt. Reduce heat to a gentle simmer for 20 minutes or until the chicken is tender and the sauce slightly thickens.
5. Serve with basmati rice and broccoli or green beans.

Garnish with cashew nuts.



THE NUTRITION GUY



NUTRITION TIP

Cooking with extra virgin olive oil adds depth of flavour, heart-healthy fats and anti-inflammatory nutrients.