

Good to Eat

Enjoy our series of quick, easy and delicious recipes to help you live the low carbohydrate lifestyle.

Butter Chicken

Ingredients

1 kg of chicken thighs, cubed
6 garlic cloves, crushed
2 tsp of garam masala
3 tsp of ground coriander
3 tsp of ground cumin
1 tsp of chilli powder
1 tsp of paprika
¾ cup of Greek style yoghurt, full fat
7 tbs of butter, chopped
1 tbs of white vinegar
3 tbs tomato paste
4 large tomatoes, peeled and chopped
6 cardamom pods, lightly crushed
1 cinnamon stick
1½ cups of coconut milk or cream
½ cup of fresh coriander, coarsely chopped

Method

1. Combine chicken, garlic, spices, and yoghurt in a covered container. Refrigerate for an hour or two.
2. Melt butter in a deep pan. Add vinegar, tomato paste, tomatoes, cardamom and cinnamon. Boil rapidly, stirring until sauce is thick (approximately 20 minutes).
3. Reduce heat to a simmer and add chicken.
4. Continue to simmer, stirring occasionally until chicken is cooked through.
5. Add cream (coconut milk) and simmer for a few more minutes.
6. Serve on a bed of cauliflower rice (see recipe) with a side dish of Naan bread and garlic butter (see recipe).
7. Garnish with chopped coriander.



Preparation Time: 5 minutes

Cooking Time: 20 minutes

Author: Generic

Serves 4

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