



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts (optional)

Prep time: 20 mins

Cook time: 30 mins

Serves: 4

BUTTER CHICKEN



INGREDIENTS. Note first & 2nd ingredient lists

- 500G chicken thighs, cut into 2cm cubes
- 1 tbsp olive oil (2nd 2 tbsp)
- 10 cloves garlic, (2nd 2 cloves)
- 1 tbsp grated ginger (2nd 1 tbsp)
- 2 medium red onions, roughly chopped
- 4 medium tomatoes, roughly chopped
- $\frac{3}{4}$ cup water
- $\frac{1}{2}$ tsp Pink rock salt (2nd $\frac{1}{2}$ tsp)
- 1 cinnamon stick (half large one)
- 1 bay leaf
- 4 whole cloves
- 5 green cardamon pods
- 10 cashew nuts, raw (or omit)
- 2 green chilli,
- $\frac{1}{2}$ -1 tsp red chilli powder
- 2 tbsp coconut yoghurt
- juice of 1 lemon, (2nd juice $\frac{1}{2}$ lemon)
- 3 tbsp coconut cream
- 1-2 tbsp coriander, chopped finely

METHOD

- Into a medium bowl, add lemon juice, 1 tsp salt, ginger, garlic and mix well.
- Add chicken pieces and stir well to coat, set aside.
- Heat a large saucepan to hot, add water, tomato, onion and 2nd garlic.
- Reduce to medium heat, and add cinnamon stick, cardamon pods, 2nd ginger, cashews, bay leaf, 2nd salt, cloves and one tbsp olive oil.
- Cover, and simmer for 15 minutes, then remove bay leaf, puree and set aside.
- In a separate bowl place chilli powder, yoghurt and 2nd lemon juice, mix well.
- Add the chicken pieces (not the liquid) to the yoghurt mix and stir to coat.
- Heat 2nd oil in frypan, add chicken (not liquid) and cook through, stir occasionally.
- Strain tomato puree mixture and add to chicken, add coriander and coconut cream.