



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 5 mins

Cook time: 20 mins

Serves: 4

INGREDIENTS

- 2 tbsp coconut oil
- 1 kg diced chicken thighs
- 2 brown onions, finely sliced
- 1 head broccoli, cut into florets
- 1 tsp pink rock salt
- 2 pkts butter masala *see note
- Coriander to garnish

METHOD

- Heat oil in saucepan on medium high.
- Add chicken pieces and brown for 5 minutes.
- Add onions and fry another 5 minutes.
- Add broccoli, salt and sauce packets.
- Stir to combine, reduce heat to medium and cook a further 10-15 minutes.
- Serve with cauliflower rice or mashed potato.

NOTE

- I Purchase this from my local Coles store in Australia but here is the link for it :
celebratehealth.com.au

SPEEDY BUTTER CHICKEN

