



EASY BUTTER CHICKEN

Serves 4 | Serves of Veg 4 | 0:15 Prep | 0:35 Cook



NUTRITION PANEL

NUTRITION INFORMATION		
Servings per package: 4		
Serving size:	400 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1670 kJ	417 kJ
Protein	40.6 g	10.2 g
Fat, total	20.1 g	5 g
- saturated	6 g	1.5 g
Carbohydrate	10.2 g	2.6 g
- sugars	9 g	2.3 g
Sodium	126 mg	32 mg

SHOPPING LIST



Mixed Colour Chillis



Garlic



Garam Masala



Natural Yoghurt



Cashew Butter



Quick Rice



Mint



Lemon



Cherry Tomato



Ginger



Chicken Breast



Olive Oil



Salt & Pepper



Red Onion



Tomato



Cucumber

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Ingredients

- 3 fresh mixed-colour chillies - optional for milder flavour
- 2 punnet ripe cherry tomatoes, green stem removed
- 4 cloves of garlic
- 6cm piece ginger
- 2 tablespoon garam masala
- 1 cup natural yoghurt
- 4x ~150 g free-range skinless chicken breasts
- olive oil
- 3 tablespoons smooth cashew butter
- Salt & Pepper
- 1 red onion
- ½ bunch mint, fresh
- 2 tomato
- 1 cucumber
- ½ lemon, juiced

Recipe Steps

1. Halve & deseed the **chillies**. Place in a large non-stick frying pan on a high heat with **cherry tomatoes**. Blacken all over, turning occasionally.
2. Meanwhile, peel the garlic & ginger, finely grate into a large bowl. Mix in **garam masala**, a pinch of **sea & pepper** & **1 tablespoon of natural yoghurt**.
3. Deeply score the **chicken breasts** at 1cm intervals, then massage with the **garam masala marinade**.
4. Once tomatoes & chillies have charred, remove to a chopping board.
5. Return hot pan to a medium heat with **½ a tablespoon of olive oil**, once hot, add in marinated chicken. Cook & char for 10 minutes, turning halfway.
6. Carefully pinch off & discard the **charred cherry tomato** skins, roughly chop them with **chillies**.
7. Remove the **charred chicken** from the pan to plate covered. Add back chopped tomatoes, chillies with the cashew butter. stir together.
8. Pour in **250ml of boiling water**, stir to pick up any pan sticky bits. Allow sauce bubble vigorously for 2 minutes, should begin to thicken.
9. Add back **rested chicken** to the pan, turning in the sauce for a final 2 minutes, or until cooked through.
10. Turn heat off, check sauce seasoning & fold through **remaining natural yoghurt**.
11. For a quick salad; chop as fine as possible **red onion, mint, tomato & cucumber**. Fold together with **lemon juice** & season.
12. Serve butter chicken with heated **quick rice** & top with salad