



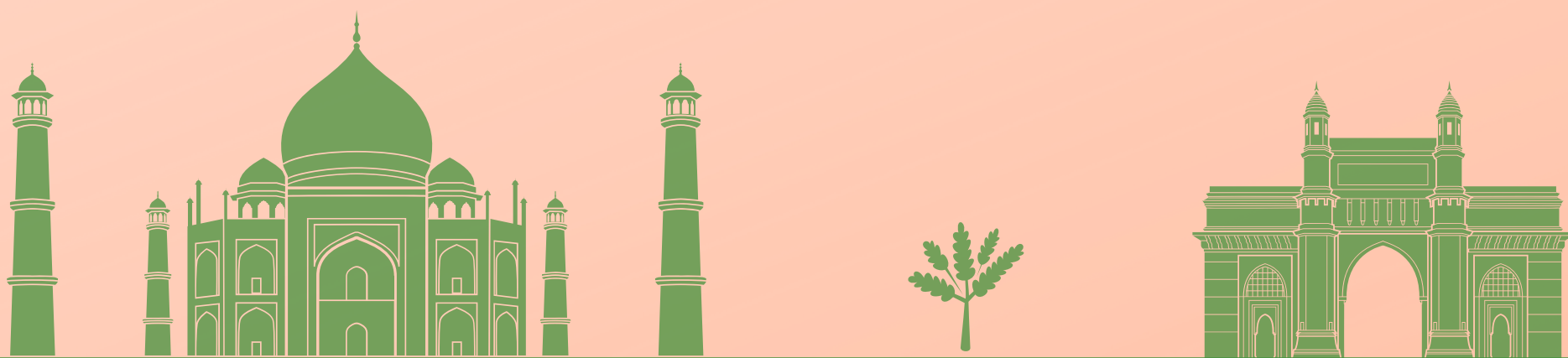
Butter Chicken



ABOUT THE RECIPE

Butter chicken also known as *Murgh Makhani* is a classic dish that originated in India. It is similar to chicken tikka masala which actually originated in Britain. Butter chicken is made with yogurt marinated chicken cooked in a buttery tomato based sauce with many spices. The sauce is often made with heavy cream, ghee or clarified butter as the recipe name implies.

Some recipes may add soaked cashews to be blended into the sauce. This adds richness and creaminess to the dish.





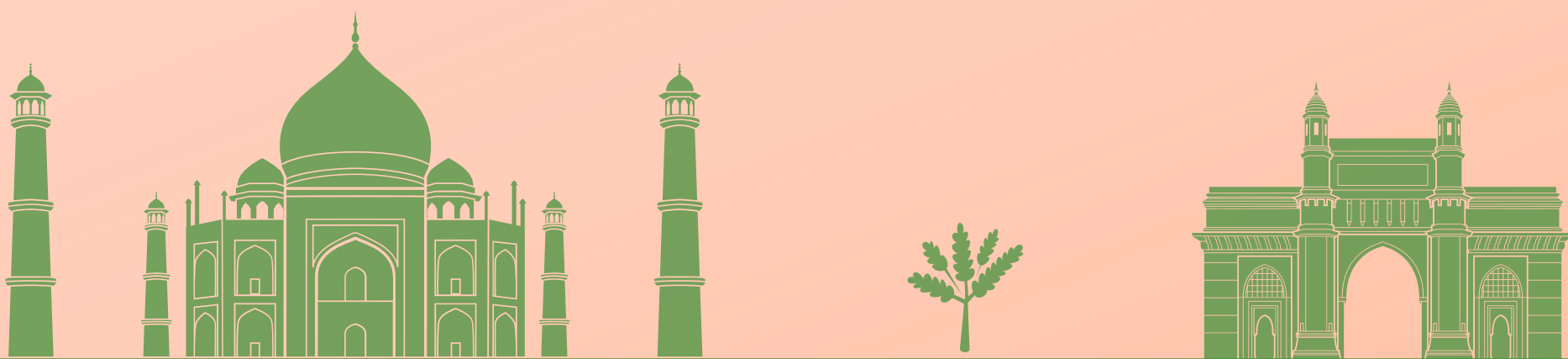
Butter Chicken



Serves ~5, serving size: 3 ounce portion

CHICKEN MARINADE INGREDIENTS

- *1 pound boneless, skinless chicken breast (about 2 chicken breast), cut in 1 1/2 inch cubes*
- *1 teaspoon garam masala*
- *1 teaspoon cumin*
- *1 teaspoon Kashmiri chili powder (or paprika)*
- *3/4 teaspoon turmeric*
- *salt to taste*
- *3-4 cloves garlic, minced*
- *1/2 cup plain non-fat Greek yogurt*
- *1 teaspoon extra virgin olive oil*



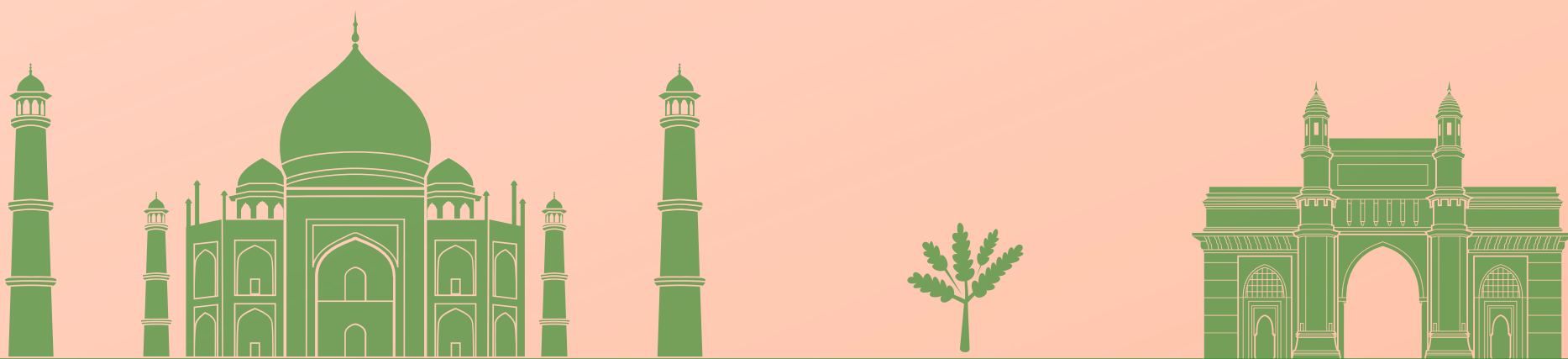


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SAUCE INGREDIENTS

- 2 Tablespoons avocado or olive oil
- 1 small pat of unsalted butter
- 2 teaspoons garlic, minced
- 2 teaspoons ginger, minced
- 1/2 onion, diced
- 1 teaspoon paprika
- 1 teaspoon turmeric
- 2 teaspoon cumin
- 1 teaspoon garam masala
- 1 15 ounce can crushed tomatoes
- 1/2 cup water
- 1/2 cup skin milk mixed with 1 Tablespoon cornstarch



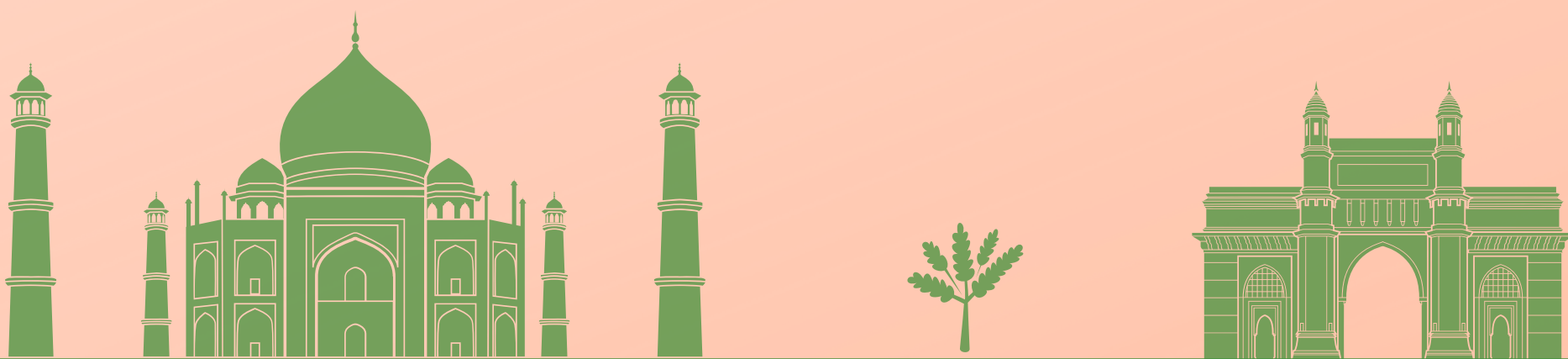


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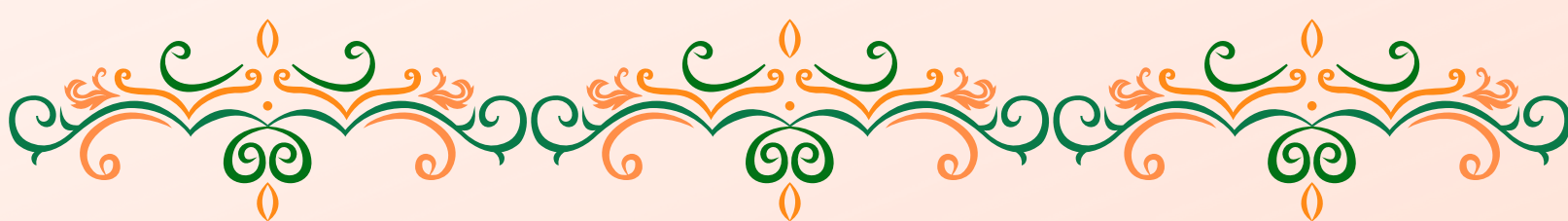
INSTRUCTIONS

- Cut chicken into 1 1/2 inch pieces. Place in a gallon sized ziplock bag with marinade ingredients. Massage marinade into chicken so it is evenly coated. Marinate in the fridge overnight for best flavor.
- Heat a large pan to medium-high heat. Add marinated chicken and partially cook. Remove from pan and set aside.
- Add avocado/olive oil and butter to the same pan. Once butter is melted add garlic, ginger and onions. Sauté until translucent.
- Add spices and cook for about 1 minute.



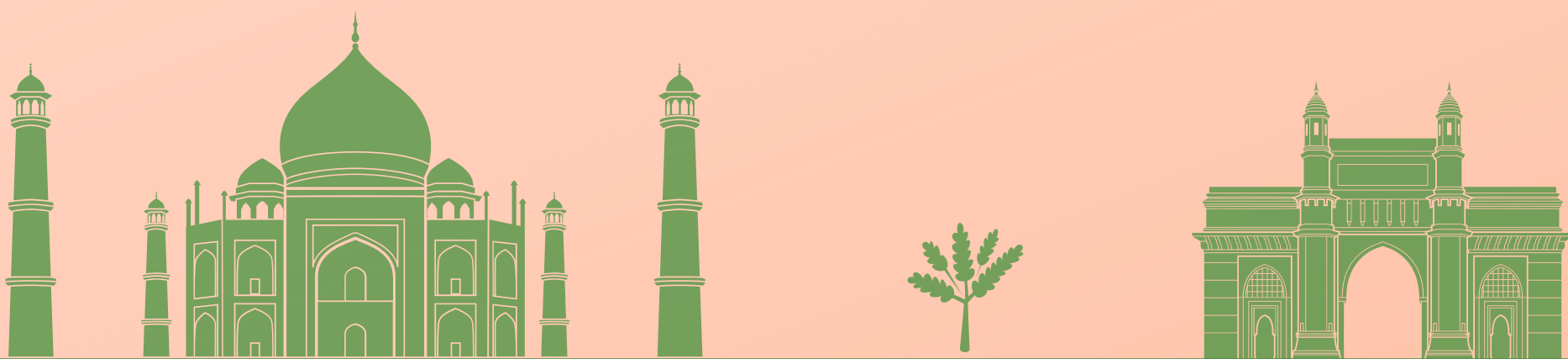


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INSTRUCTIONS

- Deglaze the pan with canned tomatoes and 1/2 cup of water. Lower the heat to medium-low. Cover and let the sauce simmer for about 5-10 minutes.
- Carefully ladle the sauce from the pan into a blender. Blend until smooth.
- Add sauce back to pan with partially cooked chicken. Cover and simmer until chicken is cooked all the way through. Then, let the sauce come to a boil.
- Mix 1/2 cup of skim milk with 1 Tablespoon cornstarch until smooth. Once sauce is bubbling, carefully pour in the milk mixture and stir quickly. The sauce should thicken and have a creamy consistency.



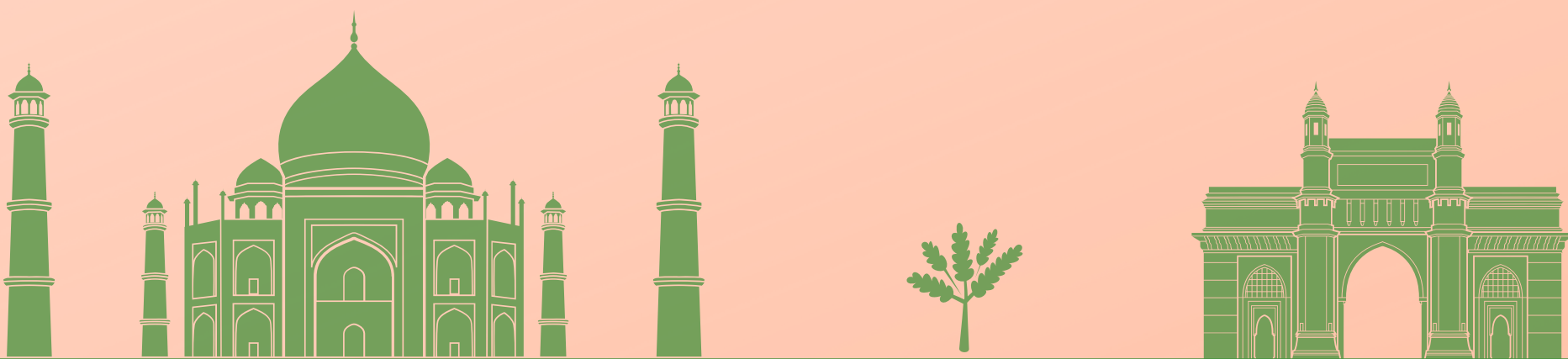
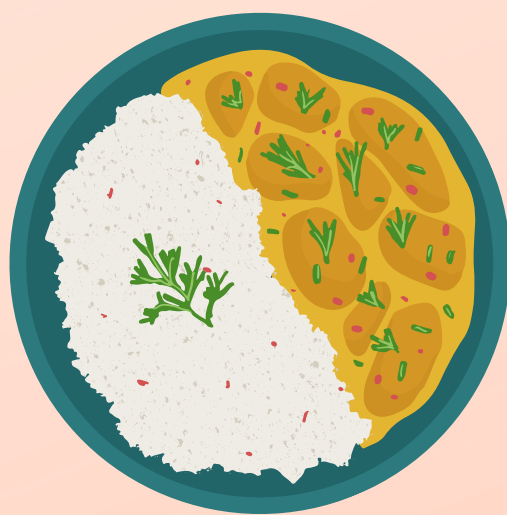


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SERVING INSTRUCTIONS

- Serve with basmati rice and garlic naan.
Top with fresh cilantro if desired.





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Serves ~5, serving size: 3 ounce portion

NUTRITION FACTS PER SERVING*

- 384 calories
- 33 g carbohydrates
- 32 g protein
- 6 g fat

**includes nutrition facts from 3 ounce portion + 1/2 cup basmati rice*

NUTRITION FACTS

- This recipe is packed with lean protein from the chicken breast. It contains less saturated fat compared to a traditional butter chicken recipe by using less butter and more olive oil, non-fat Greek yogurt instead of full-fat, and skim milk instead of heavy cream.

