

Butter Chicken

Butter Chicken is a spicy dish that can easily be prepared at home!

1 teaspoon of olive oil

30 gm of butter

2 chicken thigh fillets

1 teaspoon of ginger

1 teaspoon of garlic

1 teaspoon of ground coriander

1 teaspoon of cumin

¼ teaspoon of chilli powder

½ cup of tomato puree

1 teaspoon of tomato paste

1 tablespoon of natural yoghurt

¼ cup of cream

½ cup of basmati rice

Fresh coriander leaves to garnish and 2 pappadums that you will need to cook in the microwave.

1. Cut the chicken thigh fillets into to even sized cubes.
2. Place a saucepan on the stove and fill with water and bring to the boil.
3. Place the rice in the boiling water and cook for about 12 minutes.
4. Drain the rice and set aside until needed.
5. Heat the oil and half the butter over a medium heat and stir-fry the chicken until it has changed colour and cooked. Remove from heat and place aside in a bowl.
6. Add the remaining butter to the pot and add the ginger and garlic and cook for 1 minute.
7. Add the coriander, cumin and chilli and cook for 30 seconds.
8. Add the tomato puree, tomato paste and simmer for 5 minutes.
9. Return the chicken to the pan and add the yoghurt and cream. Simmer for 10 minutes until the chicken is heated through.
10. Cook the pappadams in the microwave on high for 2 minutes.
11. Place the cooked rice on a plate and pour over the chicken sauce. Top with chopped coriander.
12. Enjoy!