



Butter Chicken

Active Time: 15 minutes | **Total Time:** 40 minutes | **Serves:** 6

Nutrition Information Per Serving

522.3 calories, 21.14 g carbohydrate, 7.01 g fiber, 14.13 g NET carbs, 30.54 g protein, 36.82 g fat

Ingredients

- 4 Tbsp(s) Let's Do Organic Creamed Coconut
- 2 tsp(s) Simply Organic Garam Masala
- 24 ounce(s) organic, free-range chicken breasts, cubed
- 13 1/2 ounce(s) coconut milk, full fat
- 2 ounce(s) ghee
- 8 Tbsp(s) organic tomato paste
- 1 medium white onion, chopped
- 4 clove(s) garlic, minced
- 1 tsp ground turmeric
- 1 tsp ground ground coriander
- 1 tsp ground ginger
- 1/2 tsp(s) ground cumin
- 1/8 tsp(s) cayenne pepper
- 1 tsp sea salt
- 1/4 tsp(s) ground ground cardamom
- 1 Tbsp lemon juice
- 1 whole stick cinnamon

Preparation

1. Add half the ghee to a deep, wide skillet on medium heat. Swirl to coat and add onions and salt. Turn heat down to medium-low and allow onions to caramelize for 10 minutes, stirring occasionally.
2. Meanwhile, toss the chicken with lemon juice and set aside.
3. In a small bowl, mix the sea salt and spices and set aside.
4. Once the onions are brown, add remaining ghee along with the garlic and mixed spices and stir well. Turn heat to medium and add the chicken. Allow chicken to brown slightly; then flip.
5. Add tomato paste, coconut cream and coconut milk and cinnamon stick and stir to combine. Turn heat down and allow chicken to simmer for 10-15 minutes.
6. Serve.

This free recipe cannot be redistributed without prior permission from MealGenius.com.
If you have obtained this recipe from any source other than MealGenius.com please contact us.