

GF Friendly

Butter Chicken

chicken cooked in a spicy Asian curry sauce

Our daughter Deb gave us the recipe and I simply halved the ingredients and only changed a couple. Preparing the chicken and marinade beforehand made life easier and the cooking was no problem. If you like curries that don't come out of a jar, this is a good one to try.

Marinade:

- ¼ cup plain yoghurt
- ½ Tbsp lemon juice
- ½ tsp turmeric
- 1 tsp garam masala
- ¼ tsp chilli powder
- ½ tsp cumin, ground or seeds
- ½ tsp powdered ginger
- 1 tsp minced garlic, or crushed clove



400g chicken breast fillet, cut in bite-size pieces

Curry sauce:

- 1 Tbsp olive oil, or other cooking oil
- ½ cup crushed tomatoes – mash well with the back of a fork
- ½ cup cream
- ½ Tbsp sugar, raw or white
- ¼ tsp salt (optional)

Combine all of the marinade ingredients in a bowl, toss the chicken pieces in this, cover and let stand at least 3 hours – overnight is better. Heat the oil in a deep frypan or wok, place just the chicken pieces in (don't wipe off the marinade) and fry on high, turning frequently until the meat turns white. Turn down the heat and add the sauce (**but not the leftover marinade!**); mix well and simmer partially covered for 20 minutes.

Serves 2-3 with rice and vegetables

should freeze okay, but we ate all of ours!

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