

Dinner

RECIPE CARD

Butter Chicken Curry (Serves 4)

RECIPE NAME

Dinner

MEAL TIME

15 minutes

PREP TIME

35 minutes

TIME TO COOK

Who says curries need to
be high in calories?!

NOTES

Approx. 367kcal
per serving

CALORIES

INGREDIENTS

★ 500g skinless boneless Chicken thighs

For the marinade

- ★ 1 Lemon, *juiced*
- ★ 2 tsp Ground Cumin
- ★ 2 tsp Paprika
- ★ 1-2 tsp Hot Chilli Powder
- ★ 200g Natural Yogurt

For the curry

- ★ 2 tbsp Vegetable Oil
- ★ 1 large Onion, *chopped*
- ★ 3 Garlic Cloves, *crushed*
- ★ 1 Green Chilli, *deseeded & finely chopped (optional)*
- ★ Thumb-sized piece of Ginger, *grated*
- ★ 1 tsp Garam Masala
- ★ 2 tsp Ground Fenugreek
- ★ 3 tbsp Tomato Purée
- ★ 300ml Chicken Stock
- ★ 50g flaked Almonds, *toasted*

METHOD



In a bowl, mix together all of the marinade ingredients with some seasoning. Chop the chicken into bite-sized pieces and toss with the marinade. Cover and chill in the fridge for 1 hour or ideally overnight.



In a large, heavy saucepan, heat the oil. Add the onion, garlic, green chilli, ginger and some seasoning. Fry on a medium heat for 10 minutes or until soft.



Add the spices in with the tomato purée and cook for a further 2 minutes or until fragrant. The stock goes in next alongside the marinated chicken. Cook for 15 minutes, pouring in any remaining marinade left in the bowl. Simmer for 5 minutes before sprinkling with the toasted almonds.



Serve with rice, naan bread, chutney, coriander and lime wedges, if you'd like to!