



Butter Chicken



DIFFICULTY: EASY



PREPARATION TIME: 30
MINUTES + MARINATING
TIME



COOKING TIME: 45 MINS



SERVES: 4

Ingredients

Chicken Marinade

750g chicken thigh fillets
2 tbsps natural yogurt
1 tbsp lemon juice
2 tsps garam masala
1 tsp chilli powder
½ tsp salt
1 tbsp brown sugar

Sauce

90g butter
1 onion, finely chopped
1 tbsp finely chopped ginger
2 garlic cloves, crushed
1 long red chilli, seeds removed and finely chopped
3 tsps ground coriander
3 tsps ground cumin
½ tsp ground cardamon
¼ tsp ground nutmeg
½ tspn fenugreek seeds
2 cinnamon sticks
400ml tomato passata
2 tbsps tomato paste (can be omitted for a gluten-free recipe)
1/3 cup natural yogurt
1tbsp brown sugar
200ml pouring cream

Method

Cut each chicken fillet into 3 even size pieces then score the chicken with a sharp knife.

Combine all the ingredients for the marinade in a bowl, add the chicken and mix well to coat. Cover and refrigerate for 2 to 3 hours or overnight if possible.

Preheat oven on CircoRoast to 200°C. Line the universal pan with baking paper and place a wire rack on top. Place the chicken onto the rack and cook on shelf position 4 for 12 to 14 minutes.

While the chicken is cooking, prepare the sauce. Heat a large pan over a medium to high heat, Induction level 7. Add the butter, onion, ginger, garlic and chilli and fry for 3 to 4 minutes.

Add the spices and cinnamon sticks and continue cooking for a further minute.

Add the remaining ingredients and mix well. Add the cooked chicken and stir well to coat with the sauce.

Cover with a lid and reduce the temperature, Induction level 4 and simmer gently for 25 to 30 minutes.

Notes
