



# 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

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