

Butter Chicken Coconut Curry

Ingredients:

- 2 lbs. chicken tenders or thighs cut into 1.5-inch pieces

Marinade

- 5 tablespoon Greek Yogurt
- 4 tablespoon Olive Oil
- 2 tablespoon Tomato Paste
- 2 tablespoon Honey
- 2 tablespoon freshly squeezed lemon juice
- 2 teaspoon Garlic paste – or – 4 cubes of frozen garlic
- 2 teaspoon Ginger paste – or – 4 cubes of frozen ginger
- 1-2 Fresh Thai Chilli (thinly sliced or crushed)
- 2 teaspoon Salt or to taste
- 2 teaspoon Kashmiri Chili Powder
- 1/2 teaspoon Turmeric Powder
- 4 teaspoon Kasuri methi (dried fenugreek leaves) crushed
- 1 teaspoon Garam Masala

Coconut Gravy:

- 4 tablespoon Olive Oil
- 1 teaspoon Jeera – Cumin Seeds
- 3 teaspoon Garlic – or – 4 cubes of frozen TJs garlic cubes
- 3 teaspoon Ginger – or – 4 cubes of frozen TJs ginger cubes



- 1 Fresh Thai Chilli (thinly sliced or crushed)
- 1.5 teaspoon Salt (adjust to taste)
- 1.5 Kashmiri Chili Powder
- 1 teaspoon Garam Masala
- 1 X-Large Red Onion chopped (400g)
- 4 Roma Tomatoes pureed
- 2 teaspoon Sugar (needed to round off the taste)
- 2 can Coconut Milk

Garnish:

- 3 tablespoon Cilantro finely chopped

Instructions

- In a large bowl, whisk together all marinade ingredients. Add chicken pieces and toss until well-coated. Let it sit for at least 20 minutes or refrigerate overnight if meal prepping.
- Chop and prepare onion and tomatoes for Coconut Curry base.

Coconut Gravy Base

- Preheat skillet or deep pan – medium high heat.
- Add Olive Oil to the pan. Once heated, add Cumin seeds and let it splutter.
- Add Garlic, Ginger, Green Chilli and sauté for 30 seconds.
- Add Onions and let them soften or even slightly browned. Takes about 5 minutes when cooked on medium high heat.
- Add Tomatoes and allow it to completely soften. Once mushy, add Salt, Kashmiri Chilli powder, Garam Masala and Sugar and mix well. Allow it to continue and cook for 2 minutes.
- Cool and blend to create a smooth paste along with a little Coconut milk at first and then adding the rest of the can towards the end.

Skillet Chicken

- Preheat a skillet on medium high heat.

- Add the marinated Chicken and sauté while flipping carefully every now and until Chicken is completely cooked. Keep a close eye to prevent overcooking.
- Baste with extra Olive Oil if needed.

Putting it together

- Bring the blended curry base to a slow boil, adjust spices if needed. Allow it to simmer [on low heat] for about 5 minutes.
- Add the cooked chicken into the curry base bringing them to a boil together. Adjust the consistency of the curry to your liking by adding water as needed.
- Garnish with chopped Cilantro.
- Serve hot with cooked Basmati Rice or warm Naan/Roti. Enjoy!