



cara price

BUTTER CHICKEN

INGREDIENTS

- 2 pounds boneless, skinless chicken breast, cut into 2" pieces
- 1 yellow onion, finely chopped
- 4 cloves garlic, minced
- 1 can coconut milk, full fat
- 1 cup chicken broth
- 1 - 6 ounce can tomato paste
- 4 tablespoon organic butter or ghee, divided
- 2 tablespoons coconut sugar
- 1 tablespoon arrowroot flour
- 2-1/2 teaspoons salt, divided
- 1 teaspoon each: coriander, cumin & garam masala
- 1/2 teaspoon each: chili powder, pepper & curry powder optional
- garnish: chopped parsley

DIRECTIONS

in a medium size bowl combine arrowroot flour, 2 teaspoons of salt & all other seasonings {coriander, cumin, garam masala, chili powder, pepper & curry}

place chicken pieces into the bowl with the flour & seasonings & toss to coat all the chicken pieces. set aside.

in a blender place coconut milk, chicken broth, tomato paste & 1/2 teaspoon salt.

blend 15-20 seconds to combine. in a large skillet melt 2 tablespoons of butter or ghee over medium-high heat. brown chicken on both sides, for about 3-4 minutes per side.

remove chicken to a plate & keep warm.

melt the remaining 2 tablespoons butter {ghee} & sauté onion 5-7 minutes until it becomes golden brown & begins to caramelize. add in minced garlic & cook 1 more minute.

place chicken back into skillet with the onions & garlic & pour in the sauce. allow the sauce to come to a slight boil, then reduce heat to simmer for 15 minutes.

garnish with parsley if desired.