

Indian Butter Chicken



4:1 ratio

- **Preparation time:** 15 minutes
- **Cooking time:** 15 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity	Your recipe
Fat	62.7g	
Protein	11.7g	
Carbohydrate	3.7g	
Energy (calories)	626kcal	



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Ingredients	Quantity	Your recipe
Butter	30g	
Olive Oil	9g	
Chicken breast, raw, finely chopped	40g	
Spring onions, chopped	10g	
Green pepper, finely chopped	20g	
Mushrooms, finely chopped	10g	
Tomatoes, finely chopped	50g	
Garlic purée e.g. GIA	1g	
Curry powder	1g	
Turmeric, ground	1g	
Chilli powder	1g	
Double cream e.g. Morrisons/Tesco	55g	

Method:

1. Melt the butter with olive oil in a frying pan over a medium heat. Add chicken to pan and cook for 5 minutes, turning occasionally.
2. Add spring onion, green pepper, mushroom, garlic purée and tomatoes, cook for 2-3 minutes stirring occasionally until softened.
3. Add curry powder, turmeric and chilli powder, stir in until combined and cook for a further 1 minute.
4. Reduce heat to low, stir in cream and simmer for 2-3 mins (do not boil).
5. Once sauce has reduced, remove from heat and serve.



Always check with your dietitian what is suitable for you

- Serve with cauliflower rice or naan bread (see recipes).



**This recipe has been specifically designed for use in a ketogenic diet.
Refer to labels for allergens and other product information.**