

Chicken (no) Butter Masala



Ingredients

For the chicken:

3 medium Boneless chicken
1 tsp Rapeseed oil
1 medium Red Onion
4 Tomatoes
¼ cup Cashew Nuts
100g Tomato Puree
1/8 cup Dried Fenugreek Leaves
125ml Low Fat Cream
½ tsp Garam Masala
1 tsp Cumin Seeds
½ tsp Turmeric
1 tsp Chilli Powder

For the marinade:

2 tbsp Low Fat Yogurt
1 inch of Ginger – pureed
1 tsp Garlic paste
1 tsp Garam Masala

Method

- Marinade the chicken in the yogurt, ginger, garlic and garam masala for at least 20 minutes.
- Soak the cashew nuts in hot water for 10-15 minutes.
- Sauté the onions to soften and turn a translucent pink colour.
- Once softened, add the tomatoes along with the turmeric, chilli and garam masala powders.
- Cover and leave to simmer for 3-4 minutes over the heat.
- Turn off the heat and allow to cool slightly.
- Combine all these ingredients and blend into a smooth paste (adding water if too thick).
- Add a little spray of rapeseed oil to a non-stick frying pan and pan-fry the chicken to seal and colour the meat (use a high heat).
- Once sealed place the chicken on a plate to one side.
- In the same pan, add the cumin seeds and toast them for 1 minute.
- Add the paste made earlier, 1 cup of water and the tomato puree.
- Season with a very small pinch of salt, ½ tsp black pepper and ½ tsp sweetener (if required).
- Add the chicken back to the pan and stir – put a lid on the pan and allow to simmer for 4-5 minutes.
- Heat fenugreek leaves in a pan and crumble over the top of the dish.

