



# BUTTER CHICKEN

**Cooking Time:** 45 minutes **Yield:** 4 servings

Ingredients	Amount
<b>To marinate chicken</b>	
Chicken breast (boneless, skinless), cubed	350g
Lemon juice	½ tablespoon (8g)
Garlic, minced	1 clove
Garam masala	½ teaspoon
Turmeric powder	¼ teaspoon
Cumin seeds, white	¼ teaspoon
Coriander seeds	¼ teaspoon
<b>To prepare sauce</b>	
Cooking oil (e.g. soybean oil)	1 tablespoon (15g)
Onion, chopped	1 medium
Garlic, coarsely chopped	3 cloves
Garam masala	1 teaspoon
Paprika	1 teaspoon
Salt	¼ teaspoon
Cinnamon powder	⅛ teaspoon
Fresh tomatoes, cubed	2 medium (120g)
Low fat milk	¼ cup (60ml)
Corn starch	⅓ tablespoon
Butter, unsalted	1 tablespoon (15g)



## COOKING TIP!

- ✓ Add the butter as the last step because the milk solid in the butter will burn easily if cooked in high heat for a longer time.



## Steps:

### To marinade chicken:

1. Put the chicken together with the marinated ingredients into a large bowl. Mix well and leave it in the fridge overnight.

### To prepare sauce:

1. In a bowl, add corn starch to low fat milk and stir until the mixture turns thick. Set aside.
2. Heat oil over medium heat in a large saucepan. Add in onion and cook for 3 minutes or until slightly brown.
3. Add garlic and cook for 1 minute until fragrant. Stir in garam masala, paprika, salt, cinnamon and cook for another 1 minute.
4. Add in tomatoes and cook for 2 minutes. Then pour in thickened low fat milk.
5. Remove the mixture from heat, pour into blender and blend it into a smooth paste.
6. Return the mixture to saucepan and bring to a simmer. Add in marinated chicken (discard remaining marinade).
7. Cover, and leave it to simmer over medium-low heat for 10 minutes or until cooked through.
8. Stir in butter and it's now ready to serve with white rice.



## HEALTHY TIPS!

- ✓ In this healthier version of recipe, corn starch is added to low fat milk to thicken sauce instead of using heavy cream. This helps to reduce saturated fat content as excessive intake will increase one's risk of heart diseases.
- ✓ Using natural herbs and seasonings give strong flavour and aroma to this dish. Opt for little or no gravy if you need to control potassium and sodium intake.

## Nutrition content per serving: (Energy: 196 kcal)

Carbohydrate: 7g	Protein: 22g	Total fat: 9g
Sodium: 179mg	Potassium: 447mg	Phosphate: 272mg

Recipe courtesy of Dietetics Intern Andy Ong Li Hui, student from Temasek Polytechnic