

BUTTER(LESS) CHICKEN 2.0

Time: 60 minutes

Serves: 6

Ingredients:

30g cold-pressed avocado oil (or other cold-pressed neutral-flavoured oil)
250g onion - diced
10g chili powder
5g garam masala
3g ground cardamom
2g ground cinnamon
2g ground ginger
1g ground cloves
8 cloves garlic - finely chopped or grated
10g salt
1kg boneless-skinless chicken thighs - diced
500g plain Icelandic yogurt
796ml can diced tomatoes
1 bunch fresh cilantro – chopped

Preparation:

Place a large pot on medium heat.

When the oil is hot, add the onion, stirring occasionally for five minutes or until translucent.

Add the chili powder, garam masala, cardamom, cinnamon, ginger and cloves, stirring often for one minute.

Add the garlic, stirring often for one minute.

Stir in the remaining ingredients except cilantro. Bring to a boil, then reduce heat to simmer, partially covered, for forty minutes.

Remove from heat, stir in the cilantro, and serve.

Nutritional Information Per Serving:

Calories: 519	Hand-Size Portion Guide
Fat: 16g	Palms of Protein: 2
Carbs: 35g	Fists of Vegetables: 0
Fibre: 10g	Cupped Hands of Carbs: 0
Protein: 50g	Thumbs of fat: 1