Healthy Butter Chicken

Tomato and yogurt curry with tender chicken breast

Prep 20 min | Cook 35 min | Serves 4



Ingredients

- 1 1/2 lb (680 g) boneless skinless chicken breasts, cubed
- 1 tbsp (14 g) unsalted butter, divided
- 1 tbsp (15 ml) neutral oil
- 1 medium onion (150 g), finely chopped
- 4 garlic cloves (12 g), minced
- 1 tbsp (15 g) grated ginger
- 2 tsp (4 g) garam masala
- 1 tsp (2 g) ground cumin
- 1 tsp (2 g) mild paprika
- 1/4 tsp (0.5 g) turmeric
- 1/2 tsp (3 g) salt
- 1 1/2 cups (360 ml) tomato passata
- 1/2 cup (120 ml) water
- 3/4 cup (180 g) plain full-fat Greek yogurt

Method

1. Pat chicken dry and season with half the salt. Heat oil in a deep skillet over medium-high heat. Brown chicken in two batches for 3 minutes per side; transfer to a clean plate. It need not be cooked through yet.

2. Reduce heat to medium. Add half the butter and onion; soften for 6 minutes. Stir in garlic and ginger for 1 minute, then garam masala, cumin, paprika and turmeric for 30 seconds.

3. Add passata, water and remaining salt. Return chicken and its juices. Bring to a gentle simmer; partially cover and cook 12-15 minutes, stirring occasionally, until chicken reaches 165°F (74°C).

4. Remove skillet from heat and let bubbling stop. Whisk a few spoonfuls of warm sauce into the yogurt, then gradually stir this mixture into the skillet. Do not boil after adding yogurt.

Food safety, storage and serving

Cook chicken to 165°F (74°C) at its thickest part. Refrigerate within 2 hours, keep at 40°F (4°C) or below, and use within 3-4 days. Reheat leftovers to 165°F (74°C). Suggested with separately cooked basmati rice or warm flatbread and cucumber salad.