

BUTTER CHICKEN

This flavourful and irresistible recipe is packed with chicken and tomatoes and infused with deliciously warm spices.



Butter Chicken



SERVINGS



PREP TIME



COOK TIME

Ingredients

500 mL	(2 cups)	uncooked brown rice
45 mL	(3 tbsp)	vegetable oil
1		onion, finely chopped
4 cloves		garlic, minced
22 mL	(1½ tbsp)	ginger, grated
2 mL	(½ tsp)	salt (optional)
5 mL	(1 tsp)	chili powder
5 mL	(1 tsp)	cumin
5 mL	(1 tsp)	coriander
5 mL	(1 tsp)	garam masala
900 g		chicken thighs, diced in 2½ cm/ 1-inch cubes
1 can	(796 mL/28 oz)	diced tomatoes
250 mL	(1 cup)	water
125 mL	(½ cup)	light coconut milk
250 mL	(1 cup)	cilantro, chopped



SERVING SUGGESTION

Instead of brown rice, try serving this with whole-wheat flour [tortilla](#).

Instructions

1. Prepare brown rice according to the package instructions. Set aside.
2. In a large saucepan, heat oil on medium heat. Add onions and cook slowly for 4 to 5 minutes or until golden brown.
3. Add the garlic and ginger and continue cooking for 2 minutes or until fragrant.
4. Add spices and salt (optional) to the pan. Cook while stirring, being careful not to burn.
5. Stir in chicken and coat well with spices for 2 minutes.
6. Add diced tomato and water to the pan and stir to combine. Bring to a simmer and cook uncovered for 20 minutes or until an inserted [digital food thermometer](#) reaches an internal temperature of 74°C (165°F).
7. Remove from heat and stir in coconut milk and cilantro.



CHEF'S TIP

This is a great sauce to make ahead of time and freeze. On a busy night, just thaw and add your desired cooked meat, tofu, or legumes.



KIDS IN THE KITCHEN

Use this recipe to teach kids about various spices that add delicious flavours to food.



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