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Butter Chicken in a Hurry



Ingredients

1lb. chicken breasts cubed
2oz. tandoori paste
2oz. natural yoghurt
1fl oz. oil
1 onion, diced
3 cloves garlic, minced
8oz. strained tomatoes
1fl oz. light cream
1oz. butter
Basmati rice to serve

Preparation

- 1 Mix together the tandoori paste and yogurt to create a marinade. Coat the chicken with the marinade, cover and refrigerate for at least 30 minutes. The longer you marinate the chicken the better.
- 2 Heat the oil in a frying pan and add the chicken. Cook until golden brown and cooked through. Remove the chicken from the pan and set aside. In the same pan melt the butter and sauté the onions. Add the garlic and cook until the onion is soft. Return the chicken to the pan and add the tomatoes. Simmer until the dish is heated all the way through.
- 3 Stir the cream through the curry and cook for a few minutes. Serve with rice.

Cooks Note
