



Butter Chicken Curry:

What You Need:

- 2 chicken breasts (approx 100g each), chopped into bite-sized pieces
- 1 cup of plain unsweetened natural yoghurt (use 1/2 cup of coconut yogurt if you have)
 - 1 tsp ground cumin
 - 1 tsp paprika
 - 1 tbsp ground coriander
 - 1/2 tsp turmeric
- 1/4 tsp chili powder (optional)
 - 1 tsp cinnamon
 - 1/2 tsp salt
- juice of half a lemon
 - 1 tbsp olive oil

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- 1 small red onion, finely chopped
- 2 garlic cloves, crushed
- 1 inch sized piece of ginger, grated (1 tbsp)
- 1 can of tinned tomatoes
- 2 tbsp tomato paste
- 1 small broccoli, chopped (or any other veggies of your choice, I also grated a zucchini into it)

What to Do:

1. First, marinate the chicken by mixing together the yoghurt, spices, salt, lemon juice and chicken pieces. Leave to marinate for at least 30 minutes. The longer you leave it to marinate, the better. A couple of hours (or even overnight) is ideal!
2. Heat olive oil in a large pan, add the onion and cook until soft. Add the garlic and ginger to the pan and continue cooking for another 3 minutes.

3. Next, add the marinated chicken to the pan and stir until the chicken is cooked through.
4. Add the tinned tomatoes, tomato paste and vegetables.
5. Simmer with the lid off for 15 minutes until the veggies are cooked through and the sauce has thickened a little. Add any extra yoghurt if desired. Season to taste.
6. Serve with brown rice, quinoa, even on its own with fresh coriander.

The ticket for those yummy curry feels!