



Easy Butter Chicken

Ingredients

Marinade

150g plain full fat yoghurt

1 tbsp lemon juice

1 tsp turmeric powder

2 tsp garam masala

1/2 tsp Chilli powder or cayenne pepper

1 tsp ground cumin

1 tbsp ginger freshly grated

2 cloves garlic, crushed

2lb of diced chicken

Curry

3 tbsp ghee or butter

300g tomato passata

300g cup of heavy cream

1 tbsp sugar

1 1/4 tsp salt

Method

1. Combine the marinade ingredients with the chicken in a bowl, cover and refrigerate overnight, ideally up to 24 hours before use.
2. Once the chicken has marinated, heat the ghee (or butter) over a high heat in a large frying pan. Take the chicken out of the marinade and place directly in the frying pan, it is important not to wipe off the marinade from the chicken but you also don't want to pour the marinade left in the bowl into the frying pan
3. Cook the chicken for around 3 minutes or until the chicken is white all over (it doesn't really brown because of the marinade)
4. When the chicken is nearly cooked through, add the tomato passata, cream, sugar and salt and any remaining marinade to the frying pan, turn the heat down to low and simmer for 20 mins. Do a taste test to see if it needs more salt.
5. Check the chicken is cooked all the way through and serve with basmati rice and a naan bread

We also add onions and peppers at time of cooking the chicken, we never like to miss a chance to get extra vegetables into a dish.

For a vegetarian take on this dish, we like to take a whole cauliflower, remove the leaves and the core and then place the marinade all over the whole cauliflower, leave for 24 hours in the fridge and then cover with tin foil and bake in the oven for 30 mins at 180degrees. Remove the foil and add to the oven for a further 10 mins or until the cauliflower is tender and the marinade has formed a crust.

Then follow the steps for stage 4 to make the sauce. We like to leave the cauliflower whole and cut it at the table then pour the sauce over the top.