

Butter chicken, cauliflower pilau, raita & coconut naan

Impress some friends with this meal for lunch (or dinner). It is best made a day in advance and reheated as you need it. Replacing flour and starchy rice with nutrient-dense ingredients means that this is delicious ‘health food’ – packed with healthy fats and vegetables.

Serves 3-4
Prep time: 30 minutes
Marinating time: overnight
Cooking time: 45 minutes
Carb count: 18.6 g per serving (including all accompaniments)

EQUIPMENT

Chopping board, knives, food processor, scales, grill tray with wire insert, mixing bowl, sieve, frying pan

INGREDIENTS

500 g chicken thigh or breast, cut into thirds
salt and pepper to taste

Marinade

200 g (1 cup) unsweetened natural yoghurt
10 g (2 tsp) cumin seeds
2 cloves garlic
10 g (5 cm piece) fresh ginger, peeled
20 g (2 tbsp) tomato paste
10 g (1½ tsp) ground coriander
10 g (1½ tsp) garam masala

Sauce

2 onions, diced
15 g (1 tbsp) butter
4 whole cloves
1 stick cinnamon (or 5 g/1 tsp ground)
fresh chilli or cayenne pepper to taste
30 g (2 tbsp) cashew nuts
1 x 400 ml can chopped tomatoes
250 ml (1 cup) cream
15 g (1 tbsp) chopped fresh coriander

ACCOMPANIMENT 1: COCONUT NAAN

50 g (7 tbsp) coconut flour
pinch of salt
pinch of baking powder
pinch of baking soda
4 eggs, beaten
25 ml (5 tsp) coconut milk
oil for cooking

ACCOMPANIMENT 2: CAULIFLOWER PILAU

200 g (1½ cups) (page 154)

ACCOMPANIMENT 3: CUCUMBER RAITA

100 g (½ cup) (use tzatziki recipe on page 123, without the cucumber ribbons)



METHOD

Make the marinade by blitzing all the marinade ingredients in the food processor. Marinate the chicken overnight to let the flavours penetrate and the yoghurt tenderise the chicken.

The next day, preheat the oven grill, then lay the chicken pieces on the wire insert of the grill tray (reserving the marinade for stirring through the sauce later). Grill until the chicken begins to take on a nice colour, about 8 minutes under a hot grill. Season the chicken and transfer to a plate to rest. The chicken will still be under-cooked; it will finish cooking in the sauce, ensuring that it is juicy and tender.

Begin the sauce by sweating the onions in the butter until lightly browned, then add the spices and cashews and sauté for 2 minutes on a medium heat.

Add in the chopped tomatoes and allow to reduce for 5 minutes. Remove the cinnamon stick (if used), then transfer the sauce to the food processor and blitz. Push the sauce through the strainer (you may skip this step if you prefer) and add in the chicken, remaining marinade, cream and fresh coriander. Bring to the boil and simmer for 4 minutes to finish cooking the chicken and to allow the flavours to combine.

Mix all the ingredients for the coconut naan together and rest the mix for 5 minutes. Heat a frying pan and add a little oil to the pan. Add the naan mixture, flatten into a large patty and cook gently for 1-2 minutes on each side, then transfer to a plate. Serve the butter chicken with some or all of the accompaniments for a delicious lunch with friends.

