



HEALTHY BUTTER CHICKEN

Butter chicken needn't be laden with calories – this tasty option still feels rich, but only has 340 calories per serve! It's perfect for a family meal.

🕒 10 minutes

🕒 45 minutes

👤 4 portions

INGREDIENTS

- 1 tablespoon Olive Oil [14 g]
- 1 large unit of onions, chopped finely [150 g]
- 500 grams of chicken breast, cut into 3cm pieces
- 2 Serving of tandoori Curry Paste [42 g]
- 1 cup of chicken stock [240 g]
- 1/2 cup of lentils, red, [96 g]
- 3 tablespoons of sour cream, light [36 g] or 3 tablespoons of lactose free sour cream [36 g] or 3 tablespoons of coconut cream [45 g]
- 4.5 sprigs of coriander leaves, diced [10 g]

COOKING METHOD

- 1° Spray a non-stick frying pan with oil and heat over medium-low heat. Add onion and cook, stirring often, for 5 minutes or until soft
- 2° Increase heat to medium-high and add chicken. Cook, turning occasionally, for 4 minutes or until golden. Add curry paste and cook, stirring, for 1 minute.
- 3° Add stock, tomatoes and lentils. Bring to the boil. Reduce heat to low and simmer for 20-25 minutes, or until lentils are tender. Stir regularly, and more often towards end of cooking. Stir in cream and cook for about 1 minute or until heated through.
- 4° Divide curry between dishes and serve topped with the coriander leaves,
- 5° Serve with jasmine rice or microwavable pappadams

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (273 g)	% DRI
ENERGY	125 kcal	341 kcal	17 %
FAT	4 g	11 g	17 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	14 %
CHOLESTEROL	35 mg	95 mg	32 %
SODIUM	109 mg	296 mg	12 %
CARBOHYDRATE	8 g	23 g	8 %
SUGARS	1 g	3 g	—
FIBER	1 g	3 g	14 %
PROTEIN	13 g	37 g	—