

Butter Chicken

Ingredients:

- 4.5 tablespoons ghee divided
- 1.5 pounds diced chicken breasts cut into bite-sized pieces
- 1.5 teaspoons garam masala
- 1.5 teaspoons paprika
- 1.5 teaspoons ground coriander
- 0.75 tablespoon finely chopped ginger
- 0.19 teaspoon chili powder
- 0.75 of a 15-ounce can tomato sauce
- 0.75 tablespoon coconut aminos
- 0.75 cup coconut cream only the solid white part
- 1.25 tablespoons fresh lemon juice plus more to taste
- 2 tablespoons of curry powder
- Fresh chopped cilantro to top and garnish (Chef's choice)
- 1-2 bags of frozen cauliflower rice. Cook and Serve

Instructions:

1. Heat up a large skillet until it's very hot. Add 1 tablespoon of the ghee and spin it around the pan, coating the outside.
 1. Add the cut up chicken and stir fry with the ghee for 4 minutes until brown.
 2. Remove chicken and set aside. Pour out used ghee.
2. Turn down the heat on the pan to medium-low. Add 1/4 cup ghee to the pan and melt.
3. Add garam masala, sweet paprika, coriander, ginger, chili powder, and curry powder, and stir fry for 1 minute. Put all of the chicken back into the skillet and mix it around to coat in the spices.
4. Place the tomato sauce and coconut aminos into the skillet and let it simmer. Stir occasionally for 15 minutes. (You're looking for the chicken to be tender and the sauce to thicken)
5. Finally, add in the coconut cream and lemon juice and let simmer for 5-10 minutes Add a little bit of salt to taste
6. Serve over cooked cauliflower (green giant is my favorite) rice with cilantro to garnish.'

Nutritional Information:

Serving sizes: 4

378 calories per serving size

3.8g net carbs. 16.8g fat. 40.8g Protein

