

Indian Butter Chicken

Serves: 8

Prep: 15 min (+ 30 min marinating)

Cook: 30 min



Dietary: GF, EF, NF

Allergens: Dairy

Age group: 8 months+

MindChamps®
early learning & preschool

Indian Butter Chicken

Ingredients

MARINADE

- ¾ cup (210g) natural yoghurt, unsweetened
- 1 tbsp (20g) finely grated ginger
- 1 tsp (3g) garam masala
- 1 tsp (3g) ground cumin
- 1 tsp (3g) mild paprika powder
- 1 tsp (3g) ground turmeric
- Pepper, to taste

- 600g lean chicken thighs, skinless and boneless

CURRY

- 2 tbsp (40ml) extra virgin olive oil
- 1 small brown onion (50g), peeled and quartered
- 2 garlic cloves (20g), peeled
- 1 carrot (120g), peeled and roughly chopped
- 1 celery stalk (80g), rinsed and roughly chopped
- ½ cup (125ml) tomato paste
- 1 cup (250ml) canned coconut milk
- 1 cup (250ml) chicken stock

- Fresh coriander, to serve with (optional)

Method

1. To make the marinade, combine all the marinade ingredients in a medium-sized bowl.
2. Cut the chicken into bite-sized pieces and toss through the marinade. Cover and refrigerate for half an hour or overnight.
3. In a large saucepan, heat the oil over medium heat.
4. Add onion, garlic, carrot and celery to a high-speed food processor and process until crushed.
5. Add vegetable mix to the saucepan and cook for 3-4 mins or until softened.
6. Add the marinated chicken and cook until the chicken is sealed.
7. Add tomato paste, coconut milk, stock and any of the leftover marinade and cook for 20-25 mins or until chicken is tender.

Serving suggestion:

Serve butter chicken with brown rice, yoghurt and fresh coriander (optional) and a side of seasonal vegetables.

Storing leftovers: Store in an airtight container in the fridge for up to 3-4 days or freeze for up to 4 months.

Tips

- ✓ **Allergies:**
For a dairy-free version: Swap yoghurt with coconut, soy or oat yoghurt.
For a vegetarian version: Swap chicken for legumes of choice or tofu.
- ✓ **Additional boosters:**
Add seasonal vegetables of choice.
- ✓ **Baby-friendly version:**
Serve mashed or in finger food-sized pieces.
- ✓ **For fussy eaters:**
Serve the meal deconstructed.