




KETO FRIENDLY

NO ADDED GLUTEN

Indian Butter Chicken

with Cauliflower Rice

 20-30min  2 Servings

Toss the take-out menu, this Indian-style butter chicken packs all the flavor of a classic take away dish, but with a low carb (and keto friendly!) twist. Chicken is simmered in a creamy, tomato-curry sauce and served over cauliflower "rice."

What we send

- tomato paste
- yellow onion
- boneless, skinless chicken breasts
- fresh ginger
- mascarpone
- cauliflower
- fresh cilantro
- curry powder

What you need

- butter ⁷
- kosher salt & ground pepper

Tools

- box grater
- pot
- skillet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 720kcal, Fat 55g, Carbs 20g, Proteins 41g



1. Prep ingredients

Peel and finely chop **onion**. Peel and finely chop **1 tablespoon ginger**. Pick **cilantro leaves** from **stems**; finely chop stems, keeping leaves whole. Cut **chicken** into 1-inch pieces.



2. Brown chicken

Melt **1 tablespoon butter** in a medium pot or Dutch oven over medium-high heat. Season **chicken** with **salt** and **pepper**, add to pot and cook, stirring once, until golden but not cooked through, about 2 minutes. Transfer chicken to a plate.



3. Sauté aromatics

Melt **3 tablespoons butter** in same pot. Add **onion** and cook, stirring, over medium-high heat until golden, 5-6 minutes. Stir in **ginger, cilantro stems, and 3½ teaspoons of the curry powder**; cook until fragrant, about 1 minute. Stir in **2 tablespoons of the tomato paste** and cook, stirring, 1-2 minutes.



4. Simmer sauce

Add **¾ cup water** and **a pinch each salt and pepper**; bring to a boil. Simmer over medium until slightly reduced, 5-6 minutes. Stir in **mascarpone** until incorporated. Add **chicken and any resting juices** and simmer over medium heat, stirring occasionally, until sauce is thickened and chicken is cooked through, about 5 minutes.



5. Prep cauliflower rice

While **sauce** is cooking, prep **cauliflower rice**. Holding the stem end in your hand, grate **cauliflower** on the slicing part of a box grater, creating small bits that resemble rice, stopping at the stems. Finely chop **stems** or grate on the large holes of box grater and measure out 4 cups.



6. Make "rice" & serve

Heat **1 tablespoon oil** in a medium skillet over high heat. Add **4 cups cauliflower rice** and cook, stirring, until crisp-tender, about 5 minutes. Season to taste with **salt**. Spoon **cauliflower rice** into bowls and top with **butter chicken, sauce**, and garnish with **whole cilantro leaves**. Enjoy!