

Paleo-Style Butter Chicken with Cauliflower "Rice"



Butter Chicken

Ingredients

- 4 tablespoons coconut oil
- 1 large onion, diced
- 4 garlic cloves, crushed
- 2 teaspoons garam masala
- 1 teaspoon ground cardamom
- 1 teaspoon ground coriander
- 1 teaspoon ground ginger
- 1 teaspoon ground cumin
- ½ teaspoon paprika
- 1 to 2 pinches of cayenne pepper (optional)
- 1 teaspoon ground turmeric
- 3 tablespoons tomato paste
- 1 teaspoon sea salt
- 2 tablespoons lemon juice
- 1 400 ml can coconut cream
- 700 g chicken thigh fillets, cut into bite-sized pieces
- coriander leaves, to serve
- Cauliflower Rice (see recipe), to serve

Directions

1. Heat 4 tablespoons of the coconut oil in a large saucepan over medium heat.
2. Add the onion and sauté for 3 minutes until translucent.
3. Turn the heat down to low and stir in the garlic and spices. Add the tomato paste and cook for 1 minute.
4. Add the salt, lemon juice, coconut cream and mix well.
5. Turn the heat up to medium and bring the sauce to a simmer.
6. Add the chicken and stir until well coated with the sauce.
7. Cover the pan with a lid and cook, stirring occasionally, for 20 to 25 minutes, or until the chicken is cooked through and the sauce has thickened.
8. Garnish with the coriander and serve with the cauliflower rice.

Serves: 4

Preparation time: 30 minutes

Cooking time: 30 minutes

Difficulty: Easy

Course: Main

Cuisine: Contemporary

Cauliflower Rice

Ingredients

1 head cauliflower, chopped

2 tablespoons coconut oil

Sea salt and black pepper to taste

Procedure

1. Place the chopped cauliflower florets into a food processor and pulse until the cauliflower has reduced into tiny pieces – the same size as grains of rice (or chop by hand with a sharp knife).
2. In a frying pan, heat the coconut oil over medium heat and lightly cook the cauliflower for about 4 to 6 minutes, or until softened. Season with salt and pepper to taste.
3. Serve it where you would normally have rice - so much healthier for you and what I love is that it take a quarter of the time to cook!
4. You can add garlic, chilli, other spices, seeds, nuts, herbs, meats, seafoods, vegetables, sauces, etc.

Yield: Serves 4

Go to recipes.mercola.com for more recipes