

Butter Chicken

Ingredients:

- 10 ml margarine
- 5ml Margarine
- 10 ml tandoori paste, divided use
- 7 ml gingerroot, minced
- 5 ml hot pepper, minced
- 2.5 ml cumin
- 2.5 ml paprika
- 14 oz crushed tomatoes (1/2 can)
- 125 ml whipping cream
- 1 lb chicken thighs or chicken breast, cut into chunks
- 60 ml plain yogurt
- 30 ml cilantro, chopped

Instructions:

1. cut up chicken into small strips or chunks.
2. Place 10 ml margarine in a frying pan. Cook chicken in frying pan until cooked all the way through.
3. In a med pot, melt 5ml margarine over Low heat.
Cook 10 ml tandoori paste, ginger, hot pepper, cumin and paprika, stirring, for 2 minutes or until fragrant.
4. Add tomatoes and bring to a boil.
5. Stir in whipping cream; return to a boil. Reduce heat to medium-low; simmer, stirring often, for 10 minutes or until sauce is thick. Stir in yogurt
6. Pour sauce over chicken in frying pan and stir to combine. Heat until hot and bubbly
7. Serve over rice and sprinkle with cilantro and a squeeze of lime juice

Rice

Ingredients:

- 250 ml rice
- 500 ml water

Instructions:

1. Combine rice and water in a saucepan. Bring to a boil.
2. Once Boiling - Reduce heat to LOW and place a lid to cover.
3. Cook 20min.

