INDIAN · LUNCH · DINNER

Easy Keto Butter Chicken

40 min · Serves 2 · 812 kcal a serve · Video 7:25 · HK's Keto & Low Carb Recipes

Gluten-free ingredients · Nut-free

A quick butter chicken with no sugar, cashews or flour: a serve gives about 47 g of protein, mostly from chicken thigh, and with butter and cream it fits a keto plan at about 9 g net carbs.

Diet notes: Keto (9 g net carbs a serve).

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Ingredients 16 · SERVES 2

- [ ] 450 g **boneless chicken thighs** (leg and thigh meat), in bite-sized pieces
- [ ] **salt**, to taste
- [ ] ½ tsp **turmeric**
- [ ] 1 tsp **red chilli powder**
- [ ] ½ tsp **garam masala**
- [ ] 1 tsp **cumin powder**
- [ ] 5 g **kasuri methi** (dried fenugreek leaves)
- [ ] 120 g **tomato**
- [ ] 80 g **onion**
- [ ] 5 g **ginger**
- [ ] 7 g **garlic**
- [ ] 1 tbsp **olive oil**
- [ ] 50 g **salted butter**
- [ ] a little **water**, to rinse out the blender
- [ ] 100 g (100 ml) **heavy cream**
- [ ] 5 g **fresh coriander**, to garnish

Contains: Milk. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Toss the chicken pieces with salt, turmeric, chilli powder, garam masala, cumin and kasuri methi and leave for at least 15 minutes. 1:26
2. Blend the tomato, onion, ginger and garlic to a smooth purée. 1:51
3. Heat the olive oil in a non-stick pan on high, add the chicken and leave it undisturbed for about 2 minutes until browned, then flip the pieces. 2:19
4. Drop the butter around the pan and stir as it melts. Pour in the purée, rinse the blender with a little water and add that too. 3:07
5. Cover and cook for 10 minutes, stirring and tasting for salt halfway, until the raw taste of the tomato and onion has gone. 3:53
6. Turn off the heat, stir in the cream and finish with fresh coriander. 4:24

> **Tip** Serve with cauliflower rice to keep it keto. Use thigh rather than breast so it stays juicy. If your cream doesn't curdle easily you can simmer it in for a few minutes.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
812 kcal	47 g	12 g	3.5 g	64 g	740 mg
3,400 kJ	94% of a day	9 g net · 5.1 g sugars	12% of a day	30 g saturated	32% of a day
		5% of a day		82% of a day	

Energy from net carbs 4% · protein 24% · fat 72% — fits keto: 9 g net carbs, 72% of the energy from fat

High in (20%+ of a day) Selenium 79% · Vitamin A 52% · Vitamin B12 48% · Vitamin B6 47% · Zinc 45% · Vitamin K 37% · Omega-3 32% · Iron 27% · Vitamin E 25%

Source of (10–19%) Magnesium 18% · Potassium 17% · Vitamin C 15% · Calcium 10% · Folate 10%

Recipe and video: HK's Keto & Low Carb Recipes (@HKKetoRecipes) on YouTube — youtube.com/watch?v=mkkMw-D8tDg, published 2 July 2018. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-butter-chicken-easy