

Butter Chicken and Rice

You'll Need: A stove, a large frying pan, medium sized pot, a large sized pot measuring cups, measuring spoons, large sized zip-lock bags and a baking sheet.

Preparation Time: 30 minutes

Cooking time: 40 minutes

| Ingredients for Chicken and Marinade: | Amount for 8 servings |
|--|------------------------------|
| Boneless, skinless chicken breast | 2 lbs |
| Tumeric | ½ teaspoon |
| Cayenne Pepper | 1 teaspoon |
| Paprika | 1 teaspoon |
| Coriander | 1 teaspoon |
| Canola Oil | 2 tablespoons |
| Pepper | 1/8 teaspoon |
| Salt | 1/8 teaspoon |
| Ginger Root | 2 teaspoons |
| Garlic | 2 teaspoons |

| Ingredients for Sauce: | Amount for 8 servings |
|-------------------------------|----------------------------------|
| Butter | 2 tablespoons |
| All Purpose White Flour | 2 tablespoons |
| Salt | ½ teaspoon |
| Cayenne Pepper | 1 teaspoon |
| Canned Crushed Tomatoes | 1 cup |
| 2% Milk | 2 cups |
| Half-half cream | ½ cup |
| White Sugar | If needed to reduce acidic taste |

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Method:

Chicken:

Step 1: Combine all marinade ingredients in a re-sealable plastic bag. Be sure all chicken pieces are well coated with marinade. Marinate for 1 hour in fridge.

Step 2: Preheat oven to 350 F (180C). **Step 3:** After chicken has marinated, remove from marinade and transfer to baking sheet greased. Bake in preheated oven for 20 minutes.

Sauce:

Step 1: In large sauce pot, over medium heat, melt butter and add flour. Stir constantly for 1-2 minutes. Add salt, cayenne pepper, and tomatoes and stir well. Add milk and stir until mixture begins to thicken. Bring to low boil. Immediately reduce heat and simmer for 10-15 minutes until mixture thickens more. Add cream and stir to form a smooth sauce. Do not allow sauce to fully boil or it may separate. **Step 2:** Taste sauce. Add sugar in 1 tablespoon increment until less acidic. **Step 3:** Add cooked chicken to sauce and simmer for ten minutes. Serve chicken on top of rice.

Nutrients per Serving:

Calories: 310 kcals

Fat: 11.0g

Sodium: 120mg

Protein: 32g

Fiber: 1.0g