



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 restaurant dish, but with a low-carb (and keto-friendly!) twist. The quick-cooking chicken breasts are simmered in a creamy, tomato-curry sauce, and served over cauliflower "rice."

What we send

- 1 medium yellow onion
- 1 oz fresh ginger
- 1/4 oz fresh cilantro
- 12 oz boneless, skinless chicken breasts
- 1/4 oz curry powder
- 6 oz tomato paste (use 2 Tbsp)
- 4 oz mascarpone ⁷
- 12 oz cauliflower rice

What you need

- kosher salt & ground pepper
- 4 Tbsp butter ⁷
- neutral oil

Tools

- medium Dutch oven or pot
- medium 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 610kcal, Fat 37g, Carbs 27g, Proteins 46g



1. Prep ingredients

Finely chop **onion**. Peel and finely chop **half of the ginger**. Pick **cilantro leaves** from **stems**; finely chop stems, keeping leaves whole. Pat **chicken** dry, then cut into 1-inch pieces. Season all over with **salt** and **pepper**.



2. Brown chicken

Melt **1 tablespoon butter** in a medium Dutch oven or pot over medium-high heat. Add **chicken** 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 **onions** and cook, stirring, over medium-high heat until golden, 5-6 minutes. Stir in **chopped ginger, cilantro stems**, and **3 1/2 teaspoons curry powder**; cook until fragrant, about 1 minute. Stir in **2 tablespoons tomato paste** and cook until paste is brick-red, 1-2 minutes.



4. Simmer sauce

Add **3/4 cup water** and **a pinch each of salt and pepper**; bring to a boil. Simmer over medium heat until sauce is slightly reduced, 5-6 minutes. Stir in **mascarpone** until incorporated. Add **chicken and any resting juices** and simmer, stirring occasionally, until sauce is thickened and chicken is cooked through, about 5 minutes.



5. Prep cauliflower "rice"

While **sauce** cooks, measure out **about 4 cups of the cauliflower "rice."**



6. Cook "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, then top with **butter chicken and sauce**. Garnish with **whole cilantro leaves**. Enjoy!