



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 (use half)
- ¼ oz fresh cilantro
- 12 oz boneless, skinless chicken breasts
- ¼ oz curry powder
- 6 oz tomato paste (use 2 Tbsp)
- 4 oz mascarpone ⁷
- 1 head cauliflower

What you need

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

Tools

- medium Dutch oven or pot
- box grater
- medium skillet

Allergens

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 770kcal, Fat 57g, Carbs 27g, Protein 47g



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** to pot 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 **3½ teaspoons curry powder**; cook until fragrant, about 1 minute. Stir in **2 tablespoons tomato paste** and cook, stirring, until paste is brick-red, 1-2 minutes.



4. Simmer sauce

Add **¾ cup water** and **a pinch each of salt and pepper**; bring to a boil. Simmer over medium heat until 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, prep **cauliflower "rice"**. Holding the stem end in your hand, grate **cauliflower** on the slicing blade of a box grater, creating small bits that resemble rice, and stopping at the stems. Finely chop **stems** or grate on the large holes of box grater. Measure out 4 cups. (Alternatively, pulse cauliflower in a food processor.)



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!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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