

Easy & Healthy Indian Butter Chicken with Cauliflower Rice

Makes two adult servings

Ingredients

- 2 chicken breasts
- 1/2 onion diced
- 2 cloves garlic, chopped
- 1 tsp curry powder
- 1 tsp garam masala (found in most grocery store's spice section)
- 1/2 tsp cumin
- 1/4 tsp cayenne powder
- 1/2 tsp fresh grated ginger
- 1/2 14 oz. can coconut milk
- 1/2 6 oz. can tomato paste
- salt, to taste
- 1/4 cup low-fat plain yogurt
- 1/2 head large cauliflower
- cilantro, chopped (for garnish) (optional)
- lime (optional)



Instructions for the Butter Chicken

1. In a large pan over medium heat, sauté onions, garlic and ginger until translucent (about 5 min.)
2. Add chicken and cook until chicken is no longer pink
3. Add spices, coconut milk, and tomato paste and cook about 3 min minutes until fragrant.
4. Stir in yogurt and set aside

Instructions for the cauliflower rice

5. In a blender (or food processor) add approx. 1 cup of the cauliflower florets and process for approx 15 sec. until the cauliflower is the consistence of rice. Transfer to a large bowl and repeat until the remaining cauliflower is processed. (It's important to work in small batches when making the cauliflower rice to get even "rice" size pieces). OR grate or cut into small pieces.
6. Coat a large skillet with olive oil over medium-high heat, add cauliflower rice and cook until tender (approx. 5 min.)

To Serve:

Spoon Butter Chicken over Cauliflower Rice and top with a squeeze of lime and a sprinkle of cilantro.