

Butter Chicken with Naan Bread



Who doesn't love an amazing Indian dish? This dish rivals what you'd order in a traditional indian restaurant... and the best part? It's dairy and gluten free!

Ingredients:

Naan Bread (makes about 6 small paddies)

- 1 cup of full fat coconut milk (canned)
- 1/2 cup almond flour
- 1/2 cup tapioca flour (or starch)
- Coconut Oil or Ghee (Optional* for greasing your pan)

Chicken & Marinade

- 2.2 lbs (1kg) boneless, skinless chicken breast cut into 1" – 2" cubes
- 2 tbsp lemon juice
- 2 cloves of garlic (minced)
- 1 tbsp garam masala
- 1 tsp sea salt

For the Sauce

- 1/4 cup coconut oil
- 2 medium/large onions chopped
- 2 tbsp garlic (minced)
- 1 inch knob of ginger (grated)
- 1 tbsp garam masala (add up to 2 tbsp depending on how

much spice you prefer)

- 2 tsp paprika
- 1/4 tsp cinnamon
- 2 tsp sea salt
- 2 cups canned tomatoes (diced, no salt added)
- 1 can full fat coconut milk
- 2 tbsp of butter
- chopped cilantro (for garnish – optional)

Directions:

Combine all marinade ingredients with chopped chicken in a zip-lock bag or shallow baking dish. Massage the marinade into the chicken. Let stand at room temp while you prepare the sauce, or simply put in the fridge to marinate overnight.

Heat coconut oil over medium heat in a large pot. Add onions, reduce heat, and cook until onions are golden brown (about for 20 minutes). Note this is one of the keys to good butter chicken... don't rush this process. If onions are browning too fast, reduce heat and continue to cook.

Add garlic and allow to cook for about a minute. Add in all your spices (ginger, garam masala, paprika, cinnamon and sea salt). Cook spices for another minute or so.

Add tomatoes. Allow to cook for couple minutes before adding can of coconut milk. Remove pot from stove and puree using an immersion blender (I leave a few chunks). You can use a regular blender, just be careful of steam.

Return sauce to stove top and bring to a good simmer. Add in chicken. Cover and allow to simmer over medium-low heat until chicken is thoroughly cooked (about 12 minutes). Ensure this is a light simmer as you don't want to cook your chicken too fast as it will be tough.

Once butter chicken is simmering, start making your naan bread. (It takes longer to cook than you think).

Mix all naan bread ingredients in a small bowl. Heat a small or medium non-stick pan over medium heat. Put in a small amount of ghee once pan is heated up. Pour about 1/4 cup of the batter into your frying pan. Once the batter fluffs up and looks brown and cooked (make sure it's almost just under burnt, because if you undercook the middle of your naan will be gooey). Flip over and cook the other side (and be patient... this takes a little time). Remove once done, and make your next one! Continue until your batter is gone.

Now your chicken should be done. Add in your butter to your pot, stir until melted. Remove from heat, plate and serve with freshly chopped cilantro and your naan bread. **Optional to serve with rice

Enjoy!