

YIELD: 4-6 SERVINGS

Butter Chicken

Charred chicken in a creamy tomato sauce; great for prepped lunches!

Ingredients

- 4 tablespoons butter, divided
- 1 onion, finely chopped
- 5 minced garlic cloves
- 4 teaspoons fresh ground ginger
- 1 serrano chile, seeded and diced (jalapeno is fine!)
- 1 tablespoon garam masala
- 1 teaspoon ground coriander
- 1/2 teaspoon ground cumin
- 1/2 teaspoon pepper
- 1 1/2 cups water
- 1/2 cup tomato paste
- 1 tablespoon sugar
- 2 teaspoons table salt, divided
- 1 cup heavy cream (can use half and half instead)
- 2 pounds boneless, skinless chicken thighs
- 1/2 cup plain Greek yogurt
- 3 tablespoons fresh chopped cilantro



Instructions

Melt 2 tablespoons butter in a large saucepan over medium heat. Add onion and pepper and sauté 8-10 minutes or until onion begins to brown.

Add in garlic and grated ginger. Cook for about a minute, then stir in spices (cumin, coriander, garam masala, pepper):

Next, add water and tomato paste. Mix together, and add sugar and 1 teaspoon salt. Bring to a boil.

Blend mixture until smooth, then pour back into saucepan, add heavy cream and 2 tablespoons butter (this butter is optional), and keep warm.

To make the chicken, mix two pounds of boneless, skinless chicken thighs with 1/2 cup Greek yogurt and a teaspoon of salt.

Line a half-sheet pan with aluminum foil, place a rack on top (I spray mine with cooking spray to make cleanup easier), and arrange the chicken on the rack.

Heat the broiler to high, and broil the chicken six inches away from the heat for about 16 minutes, turning halfway through. Let the chicken rest for 5-10 minutes, then cut it up into bite-sized chunks.

Stir chicken into sauce and serve over rice with cilantro sprinkled on top.

Notes

You should be able to find garam masala at your local grocery store, but it's also available online.

CUISINE: Indian / **CATEGORY:** Main Dishes

<https://www.thefrugalgirl.com/butter-chicken-a-lunch-prep-meal/>

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