

KETO DINNER IDEAS

KETO BUTTER CHICKEN



INGREDIENTS:

- 1.5 lbs chicken breast cubed
- 2 tbsp garam masala
- 3 tbsp fresh ginger grated
- 3 tbsp minced garlic
- 4 oz whole milk plain Greek yogurt
- 1 tbsp coconut oil

SAUCE:

- 2 tbsp ghee or butter
- One onion
- 2 tbsp fresh ginger grated
- 2 tbsp minced garlic
- 14.5 oz can crushed tomatoes
- 1 tbsp ground coriander
- ½ tbsp garam masala
- 2 tbsp cumin
- 1 tbsp chili powder
- ½ cup heavy cream
- Salt to taste

INSTRUCTIONS:

Cut chicken into 2-inch pieces. Then place in a large bowl with 2 tbsp garam masala, 1 tbsp grated ginger, and 1 tbsp minced garlic. Stir to combine then add yogurt. Place into the refrigerator and let chill for 30 minutes.

For the sauce, add the onion, ginger, garlic, crushed tomatoes, and spices in a mixer and mix all ingredients until smooth.

Place the skillet over medium heat and add 1 tbsp oil. Add the chicken along with the marinade in skillet. Cook for 3 to 4 minutes until browned per side. Once it browned, pour it in sauce cook for 5 to 6 minutes.

Stir in heavy cream or ghee, cook one minute more. Add salt to taste or if needed. Topped with the cilantro and serve with cauliflower rice if you want.