



Butter Chicken & Cauliflower Rice Jj

4 servings
30 minutes

Ingredients

340 grams Chicken Breast
1 1/2 tbsps Coconut Oil
2 Yellow Onion (diced)
2 Garlic (cloves, minced)
2 tbsps Ginger (grated)
1/4 cup Tomato Paste
2 tsps Paprika
1 tbsp Curry Powder
2 tsps Garam Masala
1 tsp Sea Salt
1 tbsp Chili Powder
1/4 cup Water
1 cup Organic Coconut Milk (full fat)
1 head Cauliflower
1/2 Lime (juiced)

Directions

- 1 Dice your chicken into cubes and set aside.
- 2 Heat coconut oil in a large skillet over medium heat. Saute your onion, garlic and ginger. Stir in tomato paste, paprika, curry, garam masala, sea salt and chilli powder. Cook for 1 to 2 minutes or until fragrant.
- 3 Add diced chicken and stir until cooked through, about 5 to 7 minutes. Add in the water and loosen the paste.
- 4 Stir in coconut milk and reduce to simmer for about 5 minutes.
- 5 Meanwhile, create your cauliflower rice by adding the florets to the food processor. Process until the cauliflower has a rice-like consistency.
- 6 Squeeze lime juice on cauliflower rice and transfer into a bowl.
- 7 Remove from heat and ladle butter chicken over cauliflower rice. Enjoy!

Notes

Vegan or Budget-Friendly: Skip the chicken breast and replace with chickpeas, lentils or beans.

No Coconut Milk: Use Greek yogurt instead.

No Cauliflower Rice: Serve over brown rice or quinoa instead.

More Veggies: Add chopped cauliflower, sweet potatoes, peas, broccoli, baby spinach or chopped kale. Or serve it with a side salad.

Storage: Refrigerate in an air-tight container for up to 2 - 3 days.