

Instant Pot Butter Chicken

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/butter-chicken-recipe-greek-yogurt>

Ingredients:

- 1 tablespoon coconut oil
- 1 small yellow onion diced, about 1 cup
- 4 cloves minced garlic about 4 teaspoons
- 1 tablespoon fresh ginger minced
- 1 1/2 tablespoons curry powder
- 2 teaspoons Garam Masala
- 1 teaspoon chili powder
- 3/4 teaspoon kosher salt
- water Splash of, or low sodium chicken broth
- 28 ounces tomato sauce
- 1 cauliflower small, or 1/2 large head, cut into florets, about 4 1/2 cups
- 2 pounds boneless skinless chicken breasts
- 2 tablespoons unsalted butter cut into small pieces, use coconut oil to make dairy free
- 1/2 cup full fat coconut milk or half-and-half, do not use light coconut milk, as it will water down the sauce
- 1/2 cup plain nonfat Greek yogurt or non-dairy yogurt to make dairy-free
- quinoa
- quinoa
- naan
- chopped fresh cilantro for serving

Nutrition:

1. Calories: 710 calories
2. Carbohydrate: 55 grams
3. Cholesterol: 165 milligrams
4. Fat: 30 grams
5. Fiber: 12 grams
6. Protein: 58 grams
7. SaturatedFat: 17 grams

8. Sodium: 1670 milligrams
 9. Sugar: 29 grams
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