

Best Low-Carb Butter Chicken Curry

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/south-indian-butter-chicken-curry-recipe>

Ingredients:

- 3 tablespoons butter
- 2 tablespoons extra virgin olive oil
- 1 yellow onion diced
- 3 cloves garlic minced
- 14 ounces coconut milk
- 1 tablespoon curry paste Indian, butter chicken curry paste
- 1/2 cup tomato paste
- 3/4 cup Greek yoghurt or plain wholemilk yogurt, plus optional extra to serve
- 2 teaspoons Garam Masala
- 2 teaspoons ground coriander cilantro
- 1 teaspoon ground ginger
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground cardamom
- salt
- 2 pounds chicken breasts sliced into bite sized pieces
- 4 tablespoons cilantro to serve

Nutrition:

1. Calories: 710 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 175 milligrams
4. Fat: 48 grams
5. Fiber: 5 grams
6. Protein: 53 grams
7. SaturatedFat: 30 grams
8. Sodium: 820 milligrams
9. Sugar: 11 grams

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