

Easy 20 Minute Butter Chicken

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-coffee-recipe-w-fenugreek>

Ingredients:

- 1 tablespoon oil
- 1 tablespoon butter
- 1 medium onion diced
- 1 teaspoon fresh ginger finely minced or grated, or use paste
- 3 cloves garlic finely minced or crushed
- 1 1/2 pounds boneless, skinless chicken breasts cut into 3/4-inch chunks
- 1 can tomato paste or 8-10 oz can of tomato sauce
- 1 tablespoon Garam Masala
- 1 teaspoon chili powder or paprika, adjust to taste
- 1 teaspoon fenugreek I use powder, but seeds or mustard seeds can be used too, optional*
- 1 teaspoon cumin
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1 cup heavy cream
- 1/2 yogurt
- cooked rice
- naan

Nutrition:

1. Calories: 600 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 220 milligrams
4. Fat: 39 grams
5. Fiber: 3 grams
6. Protein: 41 grams
7. SaturatedFat: 21 grams
8. Sodium: 1150 milligrams
9. Sugar: 6 grams

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