



Butter Chicken and Cauliflower Rice

4 servings

30 minutes

Ingredients

- 12 ozs Chicken Breast
- 2 tbsps Extra Virgin Olive 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 olive 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.