



## Easy Keto Butter Chicken

★★★★★

*Keto Main Dish*

**Prep** 10 minutes · **Cook** 20 minutes · **Makes** 4 servings · **Source**  
Ketoconnect.net

### INGREDIENTS

1.5 tsp turmeric

1 tsp ground ginger

1/2 tsp salt

3/4 tsp chili powder

1/2 tsp Cinnamon

1 lb chicken breast

2 tbsp Butter

1/4 medium Onion

2 cloves garlic

1/2 cup Heavy Whipping Cream

1.5 tbsp tomato paste

### DIRECTIONS

Mix turmeric, ground ginger, salt, chili powder, and cinnamon in a large bowl.

Cut the chicken up into bite sized chunks and generously coat them in the turmeric, ginger, salt, chili powder and cinnamon. Set aside in a bowl.

Heat a skillet to medium heat and add the butter. As the butter melts dice the onion and garlic and add it to the pan. Cook for 2-3 minutes until the onions are translucent and fragrant.

Increase the pan heat to medium-high and add the chicken. Cook it almost entirely through - the outside should be white and this will take about 3-5 minutes.

Once the chicken looks almost fully cooked add in the heavy whipping cream and tomato paste. Using a spatula mix in the tomato paste so it runs smooth through the heavy whipping cream. It should be an orange color at this point. Turn the heat to medium-low and cover with a lid for 5-7 minutes.

Remove lid and combine. The chicken is fully cooked and you should be able to eat it. However, if you like a thicker

curry sauce allow it to reduce with the lid off until it reaches the consistency you like.

Serve with low carb naan or over cauliflower rice. Enjoy!

### NOTES

The recipe originally called for 1 tsp of salt, which was tasty for me, but I cut it in half to make it edible for anyone else!!!

I made this with about 3/4 pound of chicken, and it was fine. 1 lb would have been great too...

NOTE: You can store the butter chicken in a sealed container for up to 10 days in the fridge and 2 months in the freezer. You can also use chicken thighs instead of breast for a higher fat content.

If you've never tried your hand at Indian food, this is a great place to start. Eating out can be tricky because a lot of the time sugar is added to the curries and even some non keto friendly thickening agents. I can almost guarantee that you will not only find this butter chicken recipe easy to make, but you'll find new love in Indian food! If you do find yourself making this keto butter chicken one night make sure to serve it with some cauliflower rice or our low carb naan!

## **NUTRITIONAL INFO**

Calories: 385

Fat: 26.75g

Protein: 26.5g

Carbs: 6.25g

Fiber: 0.25g

Net Carbs: 6g

(per serving - 1/4 of recipe)

Recipe can be quickly added to MyFitnessPal - Search "KetoConnect - Keto Butter Chicken"