

Butter Chicken with Garlic Naan

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Servings: 4

Ingredients:

Butter Chicken marinade:

- 2 lbs boneless chicken breasts cut into bite-sized pieces
- 1/2 cup plain Greek yogurt
- 3 cloves minced garlic
- 1/2 tsp ground ginger
- 2 tsp garam masala
- 1 tsp turmeric
- 1 tsp cumin
- 1/2 tsp paprika

- ¼ tsp cayenne pepper
- Salt and pepper to taste

For the sauce:

- 2 tablespoons olive oil
- 2 tablespoons butter
- 1 large yellow onion, diced
- 3 garlic cloves, minced
- 1 tsp garam masala
- 1/2 tsp ground ginger or 1 tsp freshly grated
- 1 1/2 tsp ground cumin
- 1 tsp ground coriander
- 14 oz can crushed tomatoes
- ½ tsp paprika
- ¼ tsp cayenne (or more if you'd like)
- ¾ cup of heavy cream (or coconut cream)
- 1 tbsp sweetener
- Salt and pepper to taste

Naan:

- 2.5 cups mozzarella cheese
- 1 tbsp almond milk - check if we added this
- 1.5 cups almond flour
- 1 tbsp baking powder

- 2 eggs, room temperature

Directions:

Butter Chicken:

1. In a bowl, combine chicken with all of the ingredients for the chicken marinade; let marinate for 30 minutes.
2. Heat oil in a large skillet or pot over medium-high heat. When sizzling, add chicken pieces in batches of two or three, making sure not to crowd the pan. Fry until browned for only 3 minutes on each side. Set aside and keep warm. (You will finish cooking the chicken in the sauce.)
3. Heat butter or ghee in the same pan. Fry the onions until they start to sweat (about 6 minutes) while scraping up any browned bits stuck on the bottom of the pan.
4. Add garlic and sauté for 1 minute until fragrant, then the rest of your spices. Let cook for about 20 seconds until fragrant, while stirring occasionally.
5. Add crushed tomatoes, chili powder and salt. Let simmer for about 10-15 minutes, stirring occasionally until sauce thickens
6. Remove from heat, scoop mixture into a blender and blend until smooth. You may need to add a couple tablespoons of water to help it blend (up to 1/4 cup). Work in batches depending on the size of your blender.
7. Pour the puréed sauce back into the pan. Stir the cream, sugar through the sauce. Add the chicken with juices back into the pan and cook for an additional 8-10 minutes until chicken is cooked through and the sauce is thick and bubbling.

Naan:

1. Preheat your oven to 350F. Line your baking sheet with parchment paper

2. In a large bowl, microwave your mozzarella cheese until melted. You don't want this super hot, because it can cook your eggs.
3. Add your almond flour, eggs and baking powder and mix. You'll knead your dough for about 2-3 minutes until a dough forms. If needed, you can add some almond milk or water.
4. Divide your dough into 4 equal parts and flatten out. Place your naan onto your parchment paper.
5. Bake for 12-15 minutes until golden brown. They will puff up slightly! Enjoy with your butter chicken.

Nutrition:

Nutrition per serving (butter chicken only):

- Calories - 541
- Fat - 32g
- Protein - 49g
- Total Carbs - 13g
- Net Carbs - 9g

Nutrition per serving (naan only):

- Calories - 298
 - Fat - 23g
 - Protein - 22g
 - Total Carbs - 5g
 - Net Carbs - 4g
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