



Gasmate®

BUTTER CHICKEN CURRY



Camping
Stove

Serves 4 people

Prep Time 30 Minutes

Butter chicken is a great curry for any age and full of lots of vegetables. Mild, creamy and packed with flavour, this dish is a winner for colder nights when holidaying outdoors.

700g	Chicken thigh or breast fillet (diced)
1 medium	Brown Onion diced
400g	Canned diced tomato
½ cup	Thickened cream (can use lite cream)
1 small	Capsicum diced
1 large	Carrot diced
120g	Spinach
1 tbsp	Garlic paste
1 tbsp	Ginger paste
2 tbsp	Butter Chicken paste
¾ tsp	Salt
1 tbsp	Extra Virgin Olive Oil
200g	Plain Greek Yogurt (to serve)
1 tbsp	Ginger paste
	As desired: Cooked Rice for serving

1. Dice onion, capsicum and carrots.
2. Spray frypan with olive oil and once hot, add diced ingredients. Sauté on medium to high heat, stirring them until they start to get soft.
3. Add diced chicken and when it starts to brown add garlic, ginger and butter chicken pastes. Cook for approximately 5 minutes, stirring and scraping the bottom of the frypan to remove any residue that is stuck.
4. Add canned diced tomatoes and salt, stir to combine and reduce heat, simmering for 5 minutes and then add cream and simmer for further few minutes before adding spinach.
5. Mix in spinach and as soon as it breaks down turn off heat.
6. Serve with rice and/or flatbread/roti with some Greek yogurt on the side.
 - Any vegetables can be substituted or added such as sweet potato or broccoli.
 - Serve on cauliflower rice or sweet potato mash for a low carb option instead of rice.

THE OUTDOORS MADE EASY.