

Luke's Nut-Butter Chicken

The 'I can't believe it's nut-butter chicken' is here. This is cooked in my house minimum 3 nights a week, I hope you agree why.

PREP TIME: **5 Minutes**

COOKING TIME: **15 Minutes**

TOTAL TIME: **20 Minutes**

INGREDIENTS:

- 150g free-range chicken *thigh, breast or tenderloins*
- 1 garlic clove *finely diced*
- 1/4 brown onion *finely diced*
- 1/4 long red chilli *finely diced*
- 1/4 cup(s) chicken stock or broth *see bulk recipe*
- 1/4 teaspoon(s) dried chilli flakes
- 1/4 teaspoon(s) turmeric
- 1/4 teaspoon(s) ground cumin
- 1/4 teaspoon(s) ground coriander
- 1/4 teaspoon(s) garam masala
- 1/4 cup(s) coconut cream *tinned*
- 1-2 tablespoon(s) nut butter *peanut, almond, macadamia*
- 1 tablespoon(s) coconut oil *for frying*
- 1 tablespoon(s) fresh chopped herbs *coriander or flat leaf parsley*
- salt *to season*
- cracked pepper *to season*

DIRECTIONS:

- Heat your fry pan over medium heat and add your coconut oil ready for frying. Add your garlic, onion and chilli and sauté until softened, 2 to 3 minutes. Now add your nut butter, coconut cream and broth. Stir to combine and incorporate well. Add your dried herbs and spices, stir well and you will now have a lovely thick sauce.
- Add your chicken, cooking it gently in your thick sauce until cooked through and tender. Serve topped with fresh chopped herbs, season well with salt and pepper and enjoy. If you've got any on hand, lemon or lime squeezed on top is a lovely addition.
- Make extra for a delicious lunch ready to go tomorrow.

