

Butter chicken makeover



Original butter chicken (Serving size: 240g)



Makeover butter chicken (Serving size: 280g)

Ingredients - 10 serves

Original

Diced chicken	1.25kg
Butter	125g
Garlic, crushed	25g
Turmeric	2 tsp
Cumin	3 tsp
Nutmeg	1 tsp
Salt	2 tsp
Pepper	1 tsp
Tomato Paste	125g
Garam Masala	1 tsp
Onion, chopped	360g
Cream	315ml
Water	310ml
Sugar	25g

Makeover

Canola oil	25ml
Onion, chopped	360g
Diced chicken thighs	1.25kg
Turmeric	2 tsp
Cumin	3 tsp
Nutmeg	1 tsp
Pepper	1 tsp
Garam Masala	1 tsp
Garlic, crushed	25g
Tomato Paste	125g
Water	310ml
Sugar	5g
Frozen peas	300g
Sliced mushrooms	100g
Evaporated Milk	400ml

Easy changes we made for the healthy way

We reduced the cost, energy, total fat, saturated fat and salt (sodium) and increased the fibre and vegetable content by:

- swapping from butter to oil
- omitting the salt
- swapping from cream to evaporated milk
- adding peas and mushroom.

Method for makeover

1. In a large saucepan heat the canola oil and add onion, sauté until soft over medium heat.
2. Mix the diced chicken with the turmeric, cumin, nutmeg, pepper and garam masala.
3. Add the chicken to the pan and brown lightly on each side.
4. Add garlic and sauté briefly.
5. Add the tomato paste, water and sugar.
6. Cook gently until chicken is cooked through.
7. Add the peas and sliced mushrooms, then cook for another 5-10 minutes.
8. Remove from the heat.
9. In a separate saucepan gently heat the evaporated milk.
10. Mix in warmed evaporated milk to other ingredients and serve.

Nutrient information

	Original Per serve	Makeover Per serve	Difference Per serve
Energy	1615kJ	1100kJ	513kJ
Fat	26.0g	6.7g	19.3g
Saturated fat	15.5g	3.3g	12.2g
Sodium (Na)	627mg	194mg	433mg