

Butter chicken

Recipe: Woodvale Secondary College

Traffic light category: **Green**

Serves: 15 (approximately 300g per serve)

Ingredients

- 3 tablespoons canola oil
- 3 brown onion, diced
- 2 tablespoons minced garlic
- 2kg skinless chicken breast, diced
- 3 zucchini, diced
- 2 sweet potato, diced
- 400g butter chicken paste
- 2 cups tap water
- 4 tablespoons reduced fat Greek yoghurt
- 1.5kg long grain rice, steamed

Method

1. Heat a large pot and add canola oil
2. Add onion, garlic and diced chicken, cook until chicken is browned
3. Add all vegetables and cook for 10 minutes
4. Stir in butter chicken paste and mix well
5. Add 2 cups of water and simmer for 30 minutes
6. Add Greek yoghurt and serve with steamed rice.

Nutrition information panel

| Nutrient | Per serve | Per 100g |
|---------------|-----------|----------|
| Energy | 1210kJ | 400kJ |
| Protein | 27.7g | 9g |
| Total fat | 7g | 2.3g |
| Saturated fat | 1.6g | 0.5g |
| Carbohydrate | 27.4g | 9g |
| Sugars | 3.5g | 1.1g |
| Dietary fibre | 1.7g | 0.5g |
| Sodium | 157mg | 52mg |

Please note: if you cannot use raw chicken; at step 5 in the method after all ingredients have been cooking for 25 minutes, stir in pre-cooked chicken meat and cook on low for a further 5 minutes.



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☎ 9264 4999

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