

ABBOT'S

- BUTCHER -

RECIPE:

Plant-Based Butter Chick'n with Toasted Spices

Serves: 4 people
Prep Time: 15 min
Cooking: 20 min
Recipe By: Masala Paleo



Ingredients

1 box Abbot's Butcher Plant-Based
Chopped Chick'n

3 tablespoon coconut oil

1 teaspoon cumin seeds

1 medium white onion, diced

4 cloves garlic, minced

1 tablespoon ginger, grated or
chopped

1 teaspoon garam masala powder

1 teaspoon chili powder (can
substitute with paprika for less
heat)

1 teaspoon turmeric powder

1 teaspoon coriander powder

3 tablespoons tomato paste

½ cup water

½ can full fat coconut milk

1 teaspoon salt

To serve

Cauliflower rice

Description

Rich and velvety, this smooth plant-based butter Chick'n is as nourishing as it is comforting. Serve with regular or cauliflower rice to soak up the aromatic and flavorful sauce.

Method

1. Heat a pan on medium-high and sauté the Abbot's Butcher Chick'n in 1 tablespoon of oil until crisped and browned, about 8 minutes. Remove the Chick'n from the pan and set aside.
2. Add the remaining oil to the pan and toast the cumin seeds until they are fragrant and browned. Be careful not to burn them.
3. Sauté garlic, ginger, and onions until everything is caramelized, about 10 minutes.
4. Add the tomato paste along with ½ cup of water.
5. Add the garam masala powder, chili powder, turmeric, and coriander. Let the sauce simmer for a few minutes.
6. Pour in the coconut milk and give it a good mix.
7. Add the Chick'n back into the sauce pan along with the salt and let it simmer for 5 minutes.
8. Garnish with cilantro and dried fenugreek leaves. Serve with cauliflower rice.

1 teaspoon dried fenugreek leaves
(kasuri methi) - optional

3 sprigs cilantro, chopped

ABBOT'S
- BUTCHER -