

SHEFFIELD'S
SWEET ENOUGH

BUTTER CHICKEN



SHEFFIELD IS SWEET ENOUGH

Sheffield is Sweet Enough and Co-op have joined forces to help local people tackle the problem of too much sugar. By cooking more meals at home you can take full control of the ingredients and reduce your family's sugar intake. All of our recipes are lower in sugar, nutritious and delicious. Enjoy!

Butter chicken

This dish, featuring Co-op British chicken, is a real crowd-pleaser.

 Feeds 4  Ready in 45 minutes

Each serving contains

Energy	Fat	Saturates	Sugar	Salt
22%	Low 10%	Low 13%	Low 10%	Low 10%
1823kj 431kcal	7.2g	2.6g	7.2g	0.41g

% of adult's reference intake | Carbohydrates per serving: 53g

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Ingredients

- 1 tbsp vegetable oil
- 1 onion, thinly sliced
- 1 tsp chilli powder
- 1/2 tsp ground cinnamon
- 1/2 tsp ground cumin
- 2 cloves garlic, crushed
- 3cm ginger, grated
- 2 tbsp Co-op tomato purée
- 400g can Co-op chopped tomatoes
- 4 Co-op British chicken breasts, chopped
- 15g Co-op unsalted butter
- 2 tbsp Co-op 0% fat Greek style natural yogurt
- 240g Co-op white basmati rice
- Chilli and lime slices (optional)
- Small handful coriander leaves



2. Stir in the chilli powder, cinnamon and cumin and another 1 tbsp water, and cook for 1-2 mins
3. Add the garlic and ginger and cook for another minute
4. Add the tomato purée, chopped tomatoes and 200ml water
5. Stir, then cover and simmer over a low heat for 10 mins
6. Stir in the chicken and simmer for 10 mins more
7. Add the butter and stir in as it melts
8. Turn the heat off and stir in the yogurt
9. Meanwhile, cook the rice according to the pack instructions
10. Serve the rice with the curry, scatter with the coriander and garnish with chilli and lime slices, if you like



Method

1. Heat the oil in a pan and fry the onion with 1 tbsp water on a medium heat for 6 mins, until starting to turn golden

