

# Butter Chicken

You will need:

Shopping List	Butter Chicken
<b>Protein</b>	
boneless, skinless chicken thighs	2-3 pounds
<b>Miscellaneous</b>	
oil or ghee	2 tablespoons
fresh garlic	4 cloves
tomato paste	3 tablespoons
onions	2
cream, yogurt or coconut milk	1 cup
lemon juice	2 tablespoons
brown sugar or honey	1-2 tablespoons
crushed/chopped tomatoes	1 can
rice	sm. Bag
pappadums (optional)	1 box
<p>For non-meat eaters - vegetables, tofu, plant protein or fish can be substituted in any recipe. Adjust cooking times accordingly.</p>	



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