



NUTRITION *per serving* 76g carbohydrates 30g fat 77g protein 937mg sodium | gluten-free, soy-free, nut-free



Calories
892



Prep & Cook Time
25-35 min.



Cook Within
5 days



Difficulty
Easy



Spice Level
Medium

IN YOUR BOX

- ¾ Cup Basmati Rice
- 3 Garlic Cloves
- 1 Jalapeño Pepper
- 1 Lb. Boneless Skinless Chicken Thighs
- 2 tsp. Chopped Ginger
- 1 Tbsp. Curry Powder
- 8 oz. Tomato Sauce
- 1 tsp. Honey
- 5.3 oz. Plain Greek Yogurt
- 1 oz. Butter

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Medium Pot
- Medium Pan

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HOME CHEF

Butter Chicken

with chicken thighs, basmati rice, fresh jalapeño, and curried tomato sauce

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Thoroughly rinse produce and pat dry

WHILE YOU COOK

- **Heads Up!** Jalapeño is used two ways in this dish. **Minced jalapeño** helps spice the sauce and **jalapeño rounds** garnish the finished plate. Just add a little to the sauce if you're sensitive to spice!
- Don't stir in **yogurt** while **chicken** and **sauce** are still on the heat. Make sure to remove from heat first, otherwise the **sauce** may break.

FROM THE CHEF

Removing seeds from jalapeño greatly reduces its spiciness. Control the spice level of this dish by using less jalapeño or omitting entirely for a mild-but-still-delicious meal.

Did you know...

Curry powder contains many different spices, including turmeric, coriander, and fenugreek. In India, where curry figures into many dishes, variations of this spice vary widely from household to household.



1

Cook the Rice

Bring a medium pot with 1 ½ cups **water**, **basmati rice**, and a pinch of **salt** to a boil over high heat. Lower to a simmer, cover, and cook 18–20 minutes, or until water is absorbed and rice is tender. Remove from heat and let rest, covered, for 5 minutes. Fluff grains with a fork and set aside.



2

Prepare the Ingredients

Mince **garlic**. Slice half the **jalapeño** into ¼" rounds. Mince remaining jalapeño, discarding seeds and ribs (*that's where it's spiciest*). Rinse **chicken thighs** and pat dry. On a separate cutting board, cut chicken into 1" pieces. Season with a pinch of **salt and pepper**.



3

Sear the Chicken

Heat 2 tsp. **olive oil** in a medium pan over medium-high heat. Add **chicken thighs** to hot pan and cook, stirring frequently, 5–6 minutes, or until browned. Remove to a plate. (Chicken will finish cooking later.) Wipe pan clean.



4

Make the Sauce

Return pan used to sear chicken to medium heat with 1 tsp. **olive oil**. Add **ginger**, minced **jalapeño** (to taste—it's spicy!), **garlic**, and **curry powder**. Cook 3 minutes, or until aromatic. Add **tomato sauce**, **honey**, **chicken and any accumulated juices**, and ½ cup **water**. Bring to a boil and reduce heat to a low simmer. Cook 8–10 minutes, or until chicken reaches a minimum internal temperature of 165 degrees. Remove from heat.



5

Plate the Dish

Stir **yogurt** and **butter** into **sauce** and season to taste with **salt and pepper**. *Make sure pan is removed from heat when adding yogurt and butter.* Divide **rice** between two plates or bowls. Ladle **sauce** and **chicken** atop rice. Garnish with **jalapeño rounds** (to taste).