

Butter Chicken made with Tofu Serves 4

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Butter chicken is a family favourite but can often require those secret ingredients we don't always have in our pantry. A twist to the delicious butter chicken is this quick and super easy recipe for those mid-week busy nights. If you want to try a meat-free meal, having a few plant based protein foods available such as tinned legumes, or tofu is a fantastic way to create quick nutritious meals. Not feeling the tofu? Feel free to substitute with diced skinless chicken, it will increase the protein content of the dish but is still significantly better than the original recipe. The other beauty is that this dish only requires 5 ingredients, bon appetite!

✗ Original Ingredients	✎ Modifications	✓ Modified Ingredients
1 large onion 1 ½ teaspoon ginger paste and garlic paste 1 can crushed tomatoes 1 teaspoon chili powder (see notes) 1 ½ tablespoon coriander powder 1 ½ teaspoon cumin powder ½ teaspoon garam masala ¼ teaspoon dried fenugreek leaves 2 tablespoon tandoori masala 1 teaspoon salt	<p><i>Used a packet sauce to reduce the amount of ingredients making it more convenient for busy nights</i></p> <p><i>Also lowered the total sodium by reducing the amount of added salt</i></p>	1 packet Passage to India, Light & Tasty, Butter Chicken Sauce
500g of boneless chicken with skin	<p><i>Lower the total amount of fat and saturated fat by removing chicken skin or substituting tofu</i></p> <p><i>Added vegetables to increase the fibre content of the dish</i> <i>Mushrooms are also naturally high in vitamin D and folate</i></p>	1x 500g block firm tofu 1 large eggplant 1 cup button mushrooms
½ cup heavy whipping cream	<i>Used yoghurt instead of whipped cream to lower the total amount of fat and saturated fat</i>	2 heaped tablespoons of Greek style yoghurt
2 tablespoons ghee	<i>Used canola oil instead of ghee to lower saturated fat and increase the heart protective unsaturated fat content.</i>	1 tablespoon canola oil
Jasmine Rice	<i>Used brown basmati rice instead to lower the GI of the meal and decrease total carbohydrate content of the meal</i>	Brown basmati rice

Method

1. Slice the tofu and eggplant into bite sized cubes and the mushrooms in half.
2. In a large frying pan, heat the oil on medium and add the tofu pieces to cook until browned on each side around 3 min on each side. Empty cooked tofu onto a plate and add the eggplant and mushrooms to cook over medium heat until browned for about 5 minutes stirring occasionally.
3. Add the tofu back onto the pan and pour butter chicken sauce and stir. Cover pan with lid and reduce heat to simmer for a 2-3 minutes.
4. Stir though a couple of tablespoons of plain Greek style yoghurt, just before serving.
5. Serve with ¾ cup of brown basmati rice.

Nutritional information

	Original Recipe		Modified Recipe	
	Per Serve	Per 100g	Per Serve	Per 100g
Energy (kJ)	2560	958	1470	379
Protein (g)	32.0	12.0	21.2	5.5
Fat total (g)	38.5	14.4	16.1	4.2
– Saturated (g)	16.2	6.1	2.0	0.5
Carbohydrate total (g)	33.8	12.6	27.5	7.1
Dietary fibre (g)	2.5	0.9	8.6	2.2
Sodium (mg)	701	262	462	119