

Butter Chicken

IDDSI Level 5

Dinner

Recipe source: Beyond The Blender Dysphagia Cookbook

Time to make: 30 mins

Servings: 4

Ingredients:

500g chicken mince
1 tbsp oil
1 tsp of crushed garlic
½ tsp crushed ginger
1 tsp cinnamon
1 tsp turmeric
1 tsp dried coriander
2 tsps paprika
½ tsp cumin
½ tsp chilli powder (optional)
4 tsps tomato puree
1 tbsp cornflour
1 375ml can evaporated light milk
1 lemon (optional)
1 cup chicken stock

Optional:

Greek yoghurt to taste

Dietitian's Top Tips:

- If you are vegetarian, swap the chicken mince for red lentils or Quorn mince.
- If your goal is to gain weight, use full fat evaporated milk and extra oil. Alternatively, add butter to the rice and Greek yoghurt just before serving.

Instructions:

- Coat a large non-stick fry pan or wok with oil and sauté chicken mince, garlic and ginger on medium to high heat (making sure all lumps are Level 5 compliant), until chicken is browned.
 - Add all the spices and stock powder. Combine with chicken and cook for 1 minute.
 - Add tomato puree and fold through chicken mince.
 - Blend cornflour with evaporated milk and then add to pan.
 - Stir continuously, mixing well until boiled.
 - Add chicken stock slowly until a thick consistency is achieved.
- Note:** to comply with IDDSI Level 5, there should be no excess liquid dripping from the food.

Note:

If served with rice, ensure it is mixed in with the sauce to moisten it and hold it together. Rice should not be sticky or gluey and should not separate into individual grains when served.