Instant Pot Indian Butter Chicken Keto Recipe twosleevers.com

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I hate when people praise their own cooking and recipes–but I'm going to break my own rule because this **Instant Pot Butter Chicken** recipe is the bomb. This is my most popular recipe ever. Try it for yourself and you'll see why!

And if that weren't enough, it's super easy and you probably have all the ingredients at home already. It took me three tries. Everyone around me has had to taste all the iterations. This is the one.

I've seen so many **Indian Instant Pot Butter Chicken recipes** lately that have no butter, no cream but that call for cornstarch, onions (heresy, y'all, no onions in butter chicken for the love of all that's good) and coconut milk instead of cream, so I've decided it's time to fix that.

I also can't be bothered with recipes with multiple steps and marinating the chicken two different ways etc. Additionally, the thing that takes the longest in Indian cooking is making the sauce anyway.

So what if there was a recipe where you cooked once and were able to save half the sauce for later?

I didn't start out planning this but no matter how I made it, I had lots of very tasty sauce–too much sauce. So I decided to go with it.

Here's what's going to happen. You'll cook the tomatoes along with spices and aromatics with the chicken on top, infusing its flavors into the sauce.

Once it's cooked and you've puréed and finished the sauce, you'll TAKE OUT half the sauce and save it.

Only then will you put the chicken back. This means you now have the lovely buttery tomato-ey sauce ready for the next time you have chicken left over.

How efficient is that?

Tips & Tricks for Making the Instant Pot Butter Chicken Recipe:

- Do not re-pressure cook the butter and cream filled sauce for a second time as it gets thin and unappetizing. Cook the chicken when you first make the sauce, save half the tomato sauce frozen, and when you're ready, add cooked chicken, or paneer, and heat it through in a skillet. Instant dinner!

- For this recipe, the garam masala is very, very, important. Unlike other recipes, I didn't use whole spices because I've learned that not everyone has whole cinnamon sticks, whole cloves, and green cardamom lying around. So we'll use garam masala instead.

- You'll note there's no added water in this recipe. Between the tomatoes and the chicken, there's more than enough to create pressure in this recipe. Any more water and it's going to taste insipid.

- Let the sauce cool just a little before adding the butter and the cream. Adding it to the boiling sauce will make your sauce very thin. If that happens, just put it in the fridge for a little and let it thicken up. It should be thick enough to coat the back of a spoon.

To make this a complete meal, you can serve with another vegetable such as saag paneer, eggplant bharta, or aloo gobi for example, and combine with either naan or basmati pilau.

Equipment & Ingredients You May Need to Make Keto Instant Pot Butter Chicken

- Instant Pot Mini Duo or Instant Pot 6 quart or Instant Pot 8 Quart
- Immersion Blender
- Measuring cups
- Measuring Spoons
- Cayenne Pepper
- Diced Tomatoes
- Garam Masala
- Turmeric

I should mention that this Instant Pot Now and Later Keto Indian Butter Chicken is just one of the easy, delicious recipes in my new cookbook, Keto Instant Pot Cookbook, which I hope you will check out!

Instant Pot Now and Later Keto Indian Butter Chicken

Super easy (yet authentic) Keto Indian Butter Chicken. An easy Instant Pot Keto Recipe that's family-friendly and ready in 30 minutes.

Course: Main Course

Cuisine: Indian

Dietary Consideration: Gluten-Free, High Fat, High Protein, Keto, Low Carb, Low Sugar, Paleo

Cooking Style: Instant Pot/Pressure Cooker

Ease of Cooking: Pour and Cook, Under 30 Mins

Recipe Type: Chicken, Pressure Cooker

Servings: servings + sauce

Calories: 300 kcal

Recipe Notes

If you use a stand blender, be very careful with the hot sauce and be sure to leave the inside lid open to vent.

Yes, I know the recipe doesn't call for additional liquid. The chicken and tomatoes release a LOT of liquid. Unless you do something wrong, it will not burn.

Nutrition facts per serving

300kcal | Fat: 20g | Carbohydrates: 3g | Fiber: 1g | Protein: 25g

I am not a registered dietician or nutritionist. Nutritional information is provided a courtesy, and can vary depending on the exact ingredients you use.

Instant Pot Now and Later Keto Indian Butter Chicken

Ingredients

- 1 14- ounce can diced tomatoes
- 5-6 cloves garlic
- 2 teaspoons minced ginger
- 1 teaspoon turmeric
- 1/2 teaspoon cayenne pepper
- 1 teaspoon smoked paprika
- 1 teaspoon salt
- 1 teaspoon garam masala
- 1 teaspoon ground cumin
- 1 pound boneless skinless chicken thighs (or use breast, bone-in, or whatever works for you.

Rita suggested this

Much better w/ Saffron

To finish

- 4 ounces butter cut into cubes (use coconut oil if dairy free)
- 4 ounces heavy cream (use full-fat coconut milk if dairy free)
- 1 teaspoon garam masala
- 1/4-1/2 cup chopped cilantro

Instant Pot instructions

1. Place all ingredients into an Instant Pot in the order listed, EXCEPT for the butter, cream and one teaspoon of the garam masala, mixing the sauce well before you place the chicken on top of the sauce.
   If frozen, push it into the sauce a bit so it defrosts better.

2. Cook for 10 minutes on high. If frozen, add 1-2 minutes to total time. Let it release pressure naturally for 10 minutes, then release all remaining pressure.

3. Open up the pot and remove the chicken carefully and set aside

4. Blend together all the remaining ingredients, preferably using an immersion blender

5. It's best to let the sauce cool just a little before adding the butter and the cream. Adding it into the boiling sauce will make your sauce very thin. If that happens, just put it in the fridge for a little and let it thicken up. It should be thick enough to coat the back of a spoon

6. Add the cut up butter, cream, cilantro, and garam masala and stir until well incorporated.

7. Take out <u>half</u> the sauce and freeze for later or store in the fridge for 2-3 days

8. Add the chicken back in and heat through. Break it up into smaller pieces if you need but don't shred it.

9. Serve over rice, or zucchini noodles

Using leftover sauce

1. Use leftover cooked chicken and mix in with the gently heated sauce, let it simmer for a few minutes for the flavors to meld together and there you go. Add some fresh cilantro on top.

2. BEST idea - you could also use this for Paneer Makhani. Defrost a cup of peas and 1 cup of paneer and mix gently into the heated sauce. Let it simmer for a few minutes for the flavors to meld together and there you go.