

# Simple Butter Chicken with Cauliflower Rice



35 minutes | 2 servings

## Find cookware

[can opener](#)  
[chef's knife](#)  
[colander](#)  
[cutting board](#)  
[garlic press \(optional\)](#)  
[grater or food processor](#)  
[large pot](#)  
[measuring cups](#)  
[measuring spoons](#)  
[mixing bowls](#)  
[nonstick skillet](#)  
[vegetable peeler](#)

## Grab ingredients

½ medium head	cauliflower
¾ lb	chicken thighs, boneless skinless
¼ small bunch	cilantro
1 (14.5 oz) can	diced tomatoes
½ cup	frozen peas
1 clove	garlic
1 (1 inch) piece	ginger root
2 fl oz	heavy whipping cream
½ medium	yellow onion
	black pepper
	butter, unsalted
	cinnamon, ground
	coriander, ground
	crushed red pepper
	cumin, ground
	salt

## Cook & enjoy

- 1 Wash the cauliflower and remove the leaves. Using a food processor or box grater, grate to rice-like texture.  
½ medium head cauliflower
- 2 Preheat a large pot over medium-high heat.
- 3 Once the pot is hot, add butter and swirl to coat the bottom. Add cauliflower and cook, stirring occasionally, until softened, 5-7 minutes.  
2 tbsp butter, unsalted
- 4 Meanwhile, mix spices in a small bowl.  
1 tsp cumin  
1 tsp coriander  
1 tsp salt  
¾ tsp cinnamon  
½ tsp black pepper  
⅛ tsp crushed red pepper
- 5 Pat the chicken dry with paper towel, cut into bite-sized (1-inch) pieces, and set aside.  
¾ lb chicken thighs, boneless skinless
- 6 Using a clean cutting board, peel and small dice onion.  
½ medium yellow onion
- 7 When cooked, remove the cauliflower from the heat, add salt and pepper, and stir to combine, cover with a lid and set aside.  
½ tsp salt  
⅛ tsp black pepper

- 8 Heat a large skillet over medium heat.
- 9 Once the skillet is hot, add butter and swirl to coat the bottom. Add the onions and cook, stirring often, until softened, 3-4 minutes.  
2 tsp butter, unsalted
- 10 Wash, peel, and mince or grate ginger. Peel and mince garlic.  
1 (1 inch) piece ginger root  
1 clove garlic
- 11 Add ginger, garlic, and spices to the onions and cook, stirring constantly, until fragrant, 30 seconds.
- 12 Using a strainer or colander, drain the diced tomatoes, pressing with the back of a spoon to extract as much liquid as possible; discard liquid.  
1 (14.5 oz) can diced tomatoes
- 13 Add additional butter, chicken, diced tomatoes, and cream to the skillet. Bring to a boil, then reduce heat to medium; cover and cook until chicken is cooked through, 6-8 minutes.  
2 tsp butter, unsalted  
2 fl oz (¼ cup) heavy cream
- 14 Meanwhile, wash and dry cilantro. Shave leaves off the stems; discard the stems and mince the leaves.  
¼ small bunch cilantro
- 15 Using a strainer or colander, rinse the frozen peas under running water, then drain. Add peas to the butter chicken, stir, and remove from heat.  
½ cup frozen peas
- 16 To serve, divide cauliflower rice and butter chicken between bowls; garnish with cilantro and enjoy!