



INTRODUCTION

Butter Chicken is a delicious and easy meal to make camping. It can be turned into a vegan meal if you take out the chicken. The coconut milk makes for a creamy and delicious consistency.

If you like you can also make [nann bread](#) to accompany your dish. Vegan bread tends to have fewer consequences on the digestive system. It can be a wonderful alternative to wheat bread.

Purchasing [shredded cooked chicken](#) from a grocery store can make it easy to quickly add to your meal if you want the protein.

Water can be used as an alternative to coconut water if you don't have it on hand.

[Pineapple Chicken Stirfry](#) or [Thai Chicken Pasta](#) are fantastic recipe alternatives after a day of [hiking](#) in the mountains or going on a kayaking day trip.

Adapt the recipe to your liking and omit items that you'd prefer not to eat. You can also increase the measurements if you're a larger family, or cut it in half if you're two people.

It's a satisfying taste bursting with flavour that will also fill you up after a day in the outdoors.

Enjoy!



BUTTER CHICKEN



TIME REQUIRED:
1H 00



SERVINGS:
4

INGREDIENTS

Coconut Rice

- ✦ 2 cups coconut water
- ✦ 1 can coconut milk
- ✦ 1 ½ cups jasmine rice, rinsed and drained

Main Dish

- ✦ 1 tbsp olive oil
- ✦ 1 chopped onion
- ✦ 1 can chickpeas rinsed and drained
- ✦ 1 can diced tomatoes
- ✦ 2 tsp Tumeric
- ✦ 2 tsp paprika
- ✦ 1 tbsp curry powder
- ✦ 1 can coconut milk
- ✦ 1 can (156 mL) tomato paste
- ✦ ¼ cup peanut butter
- ✦ 1 shredded cooked chicken
- ✦ 1 tbsp tamari

DIRECTIONS

Rice

1. In a medium saucepan bring coconut water, coconut milk, and rice to a full boil.
2. Cover and simmer until liquid has been absorbed, about 20 minutes.
3. Drain any excess liquid.
4. Fluff with a fork, then let rest 5 minutes.

Frying pan

5. Add oil and onion to a non-stick frying pan for a couple of minutes on medium heat.
6. Add the chickpeas, diced tomatoes, Tumeric, paprika and curry powder to the pan. Let it absorb all the flavours while mixing everything.
7. Pour the coconut milk with tomato paste and peanut butter.
8. Combine the cooked chicken with the remainder of the ingredients in the pan.
9. Simmer for eight minutes, stirring often.
10. Stir in the tamari before pulling it off the stove and serve.

