

# PLANT-BASED 'BUTTER CHICKEN'

by Adam Guthrie



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Oyster mushrooms are used in this recipe as a delicious stand-in for chicken that you can use in any recipe.

*This variation on a butter chicken curry with oyster mushrooms and chickpeas is healthier for you, while being kinder and better for the planet too!*

## Ingredients

- ⅓ cup uncooked brown basmati rice
- 500g oyster mushrooms, leave whole
- ½ cup cooked chickpeas
- ¼ onion, finely diced
- 1 garlic clove, finely chopped
- ½ tbsp fresh ginger, grated
- ½ green chilli, sliced lengthwise
- ½ cinnamon stick
- 2 whole cloves
- ½ tsp turmeric powder
- 2 cardamom pod
- ½ tbsp dates, finely chopped
- ½ tbsp chilli powder
- 1 cup tomato purée
- ½ cup plant milk (Bonsoy or Vitasoy Protein Plus recommended)
- ½ tbsp garam masala
- 200g (about 8 cups) baby spinach
- 2 sprigs fresh coriander leaves

## Directions

1. Place the rice in a pot with 1 cup of water. Bring it to the boil then reduce the heat to low, cover with a lid and cook until water is absorbed, about 15mins. Fluff with a fork and cover with lid until ready to serve.
2. Heat a large pot on a high heat. Add the mushrooms and sauté with a splash of water, then set aside in a bowl.
3. Add the onion, garlic and ginger to the pot, then sauté dry for a minute until it's starting to caramelize. Add a splash of water to deglaze. Add the chilli, spices (except garam masala) and dates, and stir. When aromatic, add another splash of water, stir and sauté for a further minute.
4. Add the tomato purée, stir, then stir in the mushrooms and chickpeas. Add the plant milk, stir, and simmer on a low heat for a few minutes.
5. Add the garam marsala and stir through. Test for seasoning. Add the baby spinach and stir through until wilted down.
6. Serve in bowls with cooked brown rice and top with a sprig of coriander leaves.

*Chef's tip: Although soy milk is my top recommendation, you can use any plant milk in this recipe.*

**PREP TIME: 5 MINS**  
**TOTAL TIME: 15 MINS**  
**SERVES: 2**

Adam Guthrie is a professionally-qualified chef with a certificate in plant based nutrition. He is the plant-based food writer for the national magazines *Nourish* and *EatWell* and the founder of the *I Feel Good Plant-Based Program*. He helps people who want to add more plants to their day for better health. Follow Adam on Instagram [@adamguthrie](https://www.instagram.com/adamguthrie) and Facebook [@ifeelgood.com.au](https://www.facebook.com/ifeelgood.com.au).

