

BUTTER CHICKEN MEATBALLS

(adapted from [Averiecooks](#))

1 pound ground chicken
1 large egg
1/2 cup almond flour
1 teaspoon salt
1/2 teaspoon freshly ground pepper
2 tablespoons olive oil
1 small shallot, finely diced
1 tablespoon garam masala, or to taste
1 teaspoon curry powder
1/2 teaspoon turmeric
1/2 teaspoon salt, plus more to taste for sauce
1/2 teaspoon freshly ground black pepper, for sauce
one 15-ounce can low-fat coconut milk
1 cup water
6 ounces tomato paste
1/4 cup plain Greek yogurt, full-fat
2 tablespoons butter (I omitted)
1/4 cup fresh cilantro, finely minced

Heat oven to 400F and line a baking sheet with aluminum foil, non-stick works great.

Make the meatballs: To a large bowl, add the ground chicken, egg, almond flour, salt, pepper, and using clean hands or a rubber spatula, mix gently until the mixture is uniformly combined. Form approximately 16 to 18 meatballs, using 1.5 to 2 tablespoons of mixture per meatball. Place them evenly spaced on the prepared baking sheet and bake for about 20 minutes, or until lightly crisped on the outside, flipping them midway through cooking time.

Make the sauce: Add the olive oil to a large skillet, and sauté the shallot until soft and fragrant. Add the garam masala, curry powder, turmeric, salt, pepper, coconut milk, water, tomato paste, and whisk to combine. Bring the sauce mixture to a boil, and then reduce the heat to low or medium-low, and allow the sauce to gently simmer for about 20 minutes.

Add the meatballs to the sauce, simmer everything together for 5 minutes, then add the yogurt and butter in very low heat, mix to combine with the sauce, add the cilantro and serve.