

Instant Pot Butter Chicken

Chicken thighs pressure-cooked on a spiced tomato base, the sauce blended smooth and enriched with butter and cream — a restaurant-style butter chicken in half an hour.

PREP	COOK	TOTAL	SERVES
5 min	20 min	25 min	4

INGREDIENTS

SAUCE & CHICKEN

1 (14 oz) can tomatoes

5–6 cloves garlic

1–2 tsp minced ginger

1 tsp turmeric

½ tsp cayenne pepper

1 tsp smoked paprika

1 tsp kosher salt

1 tsp garam masala

1 tsp ground cumin

1 lb boneless skinless chicken thighs

TO FINISH

4 oz butter, cubed (or coconut oil for dairy-free)

4 oz heavy cream (or full-fat coconut milk)

1 tsp garam masala

¼–½ cup chopped cilantro

METHOD

- 1 Add the sauce ingredients to the pot in the order listed and mix well, then lay the chicken on top. (Frozen thighs work — press them into the sauce.)
- 2 Lock the lid and pressure cook on high for 10 minutes, followed by a 10-minute natural release, then vent the rest.
- 3 Lift the chicken out and set aside.
- 4 Blend the sauce smooth, ideally with an immersion blender.
- 5 Let the sauce cool slightly, then stir in the butter, cream, cilantro and remaining garam masala until incorporated — adding them to boiling sauce thins it. It should coat the back of a spoon.

- ⑥ This makes double the sauce you need: freeze half, or refrigerate 2–3 days.
- ⑦ Return the chicken, cutting it into smaller pieces if you like (don't shred), and warm through. Serve over rice or zucchini noodles.

NOTES

The spare sauce reheats into a second meal — simmer with cooked chicken, or with paneer and peas for a quick paneer makhani.

If the sauce goes thin after adding cream, ten minutes in the fridge sets it right.

Per serving — Calories: 336 kcal · Carbs: 11 g · Protein: 25 g · Fat: 22 g · Fiber: 3 g · Sugar: 5 g

Adapted from Two Sleeveers · <https://twosleevers.com/instant-pot-butter-chicken/> · Potbelly, typeset