**Instant Pot Buttered Chicken**

Ingredients

3 tablespoons unsalted butter of ghee

5 cloves garlic about 5 teaspoons, minced or crushed

2 inch (5 cm) fresh ginger root grated (about 2 tablespoons)

2 teaspoons garam masala

1 teaspoon ground cumin

1 teaspoon smoked paprika

1 teaspoon ground turmeric

½ teaspoon chili powder (optional)

1 teaspoon salt add more if needed

2 pounds (900g) chicken thighs skinless, boneless, diced into bite-size pieces (you can put them in whole and cut them after they have cooked as well.

17 oz (500g) Bionatura tomato sauce

1 cup (250ml) heavy whipping cream or coconut milk, or half and half\*

2 tablespoons fresh parsley, mint, or cilantro for garnish

Instructions

On the Instant Pot press on SAUTE and melt the butter/ghee. Add the garlic and ginger, and cook until fragrant (about 1 minute).

Add all of the spices, and the salt, stir, and cook for a minute. You might want to deglaze the pot at this point if the mixture is stuck to the bottom of the pot, just add a splash of water and scrape off any stuck bits with a wooden spoon. Then add the tomato sauce and a ¼ cup of water. Switch off the saute setting.

Add the chicken thighs, give everything a mix.

Secure the lid and set the vent to SEALING. Select the PRESSURE COOK/MANUAL setting and set the cooking time for 13 minutes at high pressure/or use the chicken setting. The Instant Pot will take around 10 minutes to come to pressure and start cooking. When the cooking program ends, quickly release the steam.

Carefully remove the lid, and press on SAUTE. Stir in the cream, and allow the sauce to reduce a little (season with more salt if necessary). Taste the sauce and see if you need to add a little bit more salt. Serve warm over rice with chopped parsley or cilantro.