Low-Carb Vegetarian Kofta Balls

Hands-on 30 minutes Overall 1 hour 30 minutes

Nutritional values (per serving): Total carbs: 16.9 g, Fiber: 7.6 g, **Net carbs: 9.3 g**, Protein: 16.4 g, Fat: 29 g, Calories: 372 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app

Ingredients (makes 4 servings)

Kofta balls:

1 large large zucchini (300 g/ 10.6 oz)

1/2 small yellow onion (35 g/ 1.2 oz)

2 garlic cloves, minced

1 pack paneer cheese (200 g/ 7.1 oz)

3 tbsp lupin flakes (27 g/ 1 oz) - *or use flaxmel instead*

1 1/2 tbsp psyllium husks (6 g/ 0.2 oz)

1 tbsp chopped parsley

1/2 tsp ground cumin

1/4 tsp ground coriander

1/2 tsp sea salt

1/2 tsp black pepper

Korma sauce:

1/2 small yellow onion (35 g/ 1.2 oz)

2 medium tomatoes (150 g/ 5.3 oz)

2 tbsp unsweetened shredded coconut (12 g/ 0.4 oz)

2 cloves garlic

2 tsp grated ginger

1 small green chile pepper (5 g/ 0.2 oz)

1/4 tsp fennel seeds

1/4 cup water (60 ml/ 2 fl oz)

2 bay leaves

1/2 tsp turmeric

1/2 tsp garam masala

1/2 tsp cinnamon

1 tsp coriander powder

1/3 cup coconut cream (80 g/ 2.8 oz)

1 tbsp virgin coconut oil (15 ml)

sea salt, to taste

To serve (optional):

fresh cilantro

full-fat Greek yoghurt *or* sour cream

shirataki rice, cauliflower rice, or keto tortillas

Instructions

1. To make the koftas, grate the zucchini and paneer by hand or in a food processor.
2. Add all kofta ingredients to a food processor fitted with an S blade, and pulse until combined and broken down to the size of rough breadcrumbs.
3. Place in the refrigerator for at least 30 minutes — the water from the zucchini will be absorbed by the lupin flakes which will soften in this time, and the mixture will bind together with the help of the psyllium husks.
4. Preheat oven to 180 °C/ 360 °F. Remove the mixture from the fridge and shape into 20 small balls (about 28 g/ 1 oz each). Place on a greased tray, and bake 30 minutes, turning half way through.
5. Make the sauce while the koftas are baking. Add the onion, tomato, ginger, garlic, chilli, fennel seeds, coconut and water to a high-powdered blender and blend until smooth.
6. Add the oil to a skillet over medium heat. Add bay leaves and cook for a few seconds. Add the ground spices and mix in, stirring a few times to coat, and then add the tomato mixture.
7. Add the coconut cream and stir to combine. Cook for 8 to 10 minutes, stirring occasionally so the onion gets well roasted. Season with salt to taste.
8. Both the sauce and koftas will keep a few days in a sealed container in the fridge. The koftas are nicest if quickly panfried to reheat. These koftas can be enjoyed on their own topped with a spoonful of the korma sauce. Or, serve alongside some

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steamed greens, on top of some cauliflower rice, or in a keto tortilla/wrap.

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