

# The Tastiest Low-Carb Vegetable Curry

Hands-on 25 minutes Overall 45 minutes

**Nutritional values (per serving):** Total carbs: 17.5 g, Fiber: 6.8 g, **Net carbs: 10.7 g**,

Protein: 6.1 g, Fat: 26.4 g, Calories: 310 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 6 servings)

- 2 tbsp virgin [coconut oil](#) or [ghee](#) (30 ml)
- 2 cups vegetable stock (480 ml)
- 1/2 small yellow onion, chopped (35 g/ 1.2 oz)
- 2 garlic cloves, minced
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp [ground turmeric](#)
- 1 tsp paprika
- 1 small chile pepper, finely diced
- 1 cup [coconut milk](#) (240 ml/ 8 fl oz)
- 1 1/4 cup chopped [tinned tomatoes](#) (300 g/ 14 oz)
- 1 medium red pepper, cubed (120 g/ 4.2 oz)
- 1 medium zucchini, cubed (200 g/ 7.1 oz)
- large bunch of chopped dark-leaf kale, stems removed (100 g/ 3.5 oz)
- 1 eggplant, cubed (300 g/ 10.6 oz)
- 3 tbsp [extra virgin olive oil](#) (45 ml)
- 1/2 tsp [sea salt](#)
- 1/4 tsp [black pepper](#)
- 6 cups [cauliflower rice](#), to serve (720 g/ 1.6 lb)
- 4 tbsp sour cream or [coconut cream](#), to serve (60 ml)

3. Meanwhile, place the coconut oil or ghee in a clean saucepan. Fry the onion on a medium / low heat for 3 minutes until translucent. Add the garlic and fry for 1 further minute. Add the pepper and zucchini and cook for 3 more minutes.
4. Add the spices and stir. Add the reduced stock, tomatoes and chopped chilli. Season with salt and pepper. Simmer on a low / medium heat for 10 minutes.
5. Add the coconut milk and simmer for a further 10 minutes. Stir through the kale and cook for 2-3 minutes until it wilts. Take off the heat and stir in the remaining olive oil and eggplant.
6. Serve with [Cauliflower Rice](#) (1 cup, 120 g/ 4.2 oz per serving) and optionally top with full-fat sour cream or coconut cream.
7. Best when served fresh but can be stored in the fridge for 5 days or frozen for 2 months.

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## Instructions

1. Place the stock in a pan and simmer on a medium-low heat for 15 minutes to reduce the volume by half.
2. Preheat the oven to 190 °C/ 375 °F (fan assisted). Chop the eggplants (aubergines) into 2.5 cm (1-inch) chunks. Place on a baking tray, drizzle with 1 tbsp of olive oil and a pinch of salt and roast for 20 minutes until soft and golden.