

# Vegetarian Keto Tikka Masala

Hands-on 20 minutes Overall 35 minutes

**Nutritional values (per serving):** Total carbs: 14.5 g, Fiber: 5.6 g, **Net carbs: 8.9 g,**

Protein: 4.7 g, Fat: 21.2 g, Calories: 248 kcal,

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



## Ingredients (makes 5 servings)

### Cauliflower Ingredients:

- 1 head cauliflower, cut into small florets (640 g/ 1.4 lb)
- 1 tsp ground cumin
- 1 tsp [garam masala](#)
- 1/2 tsp cayenne pepper
- 1/2 tsp salt
- 1 tbsp olive oil

### Sauce Ingredients:

- 4 tbsp unsalted butter *or* virgin [coconut oil](#) (58 g/ 2 oz)
- 1/2 white onion, diced (95 g/ 3.4 oz)
- 2 cloves garlic, minced
- 1 tbsp minced ginger (6 g/ 0.2 oz)
- 1 tbsp [garam masala](#)
- 1 1/2 tsp paprika
- 1 tsp ground cumin
- 1/2 tsp cayenne pepper
- 1/2 tsp salt
- 1 1/2 cups crushed tomatoes (360 g/ 12.7 oz)
- 1/2 cup water (120 ml/ 4 fl oz)
- 1/2 cup [coconut cream](#) *or* heavy whipping cream (120 ml/ 4 fl oz)
- 1/4 cup minced cilantro

## Instructions

1. Preheat oven to 220 °C/ 425 °F (conventional), or 200 °C/ 400 °F (fan assisted). Toss the cauliflower florets in a large bowl with the oil and spices. Arrange onto a foil lined baking sheet, bake for 30 minutes until tender.
2. When the cauliflower has 15 minutes left start on the sauce. Heat the butter in a large deep skillet over medium high heat. Add in the

onion, garlic, and ginger. Cook until the onion starts to caramelize, about 5 minutes.

3. Add in the spices and cook 30 seconds until fragrant. Pour in the tomatoes, water, and cream. Bring to a simmer stirring occasionally for 10 minutes.
4. Once the cauliflower is done add it to the skillet with the cilantro.
5. Toss to combine and serve.

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