

Low Carb Vegan Korma Curry Sauce

Description

This sauce is very flavorful and creamy. You will enjoy it.

Prep/total time: Ten minutes

Servings: 4

Ingredients

- 1 tablespoon of coconut oil
- 1 onion, roughly chopped
- 1 small piece of fresh ginger, peeled and grated
- 3 garlic cloves, finely chopped
- 1 small red chilli, finely chopped
- 2 teaspoons of curry powder
- 1/4 teaspoon of salt
- 2 tablespoons of organic tomato puree
- 3 tablespoons of ground almonds
- 400ms tin of coconut milk
- 60ml of vegetable stock, if desired

Instructions

1. Pour in some coconut oil into a pan and place over medium heat. Add in the ginger, onion, chilli, and garlic and cook until softened, about two minutes.
2. Add in the salt and curry powder and cook for an additional three minutes. Add in the almonds, tomato puree, and coconut milk. Heat the mixture until it simmers and then remove from heat source.
3. Pour into a blender bowl and blend until creamy and smooth.
4. To eat, pour onions into oil and fry the oil. Add in additional veggies and cook for three minutes.
5. Add in the sauce and let it simmer on low heat until the vegetables are tender, about fifteen minutes.
6. Serve with Keto vegan naan breads or rice. Enjoy.