

Cauliflower Tikka Masala | Keto-Friendly

Swick

Makes 7.0 cups | Active Time: 45 minutes | Total Time: 45 minutes

Step 1: Preparing the Cauliflower

- 1 lrg head cauliflower (approx 1 1/2lbs), cut into florets
- 1 tsp ground cumin
- 1 1/2 tsp Kitchen King spice (or garam masala)*
- 1/2 tsp Kashmiri chili powder (or cayenne)
- 1/2 tsp sea salt
- 1 tbsp coconut oil

Note: Kitchen King spice mix can be found in most Indian grocery stores. It can also be ordered online. If not available, garam masala can be used instead, we just happen to like the mixture of spices in the Kitchen King blend — same applies to the Kasmiri powder.

To prepare the cauliflower, first, mix together all of the seasonings and then using your hands, rub the cauliflower with the coconut oil and then toss it in the spices, until evenly coated. Set aside while you start the sauce.

Step 2: Starting the Sauce

- 1/4 cup coconut oil
- 1 lrg onion, diced (approx 2 cups)
- 3 to 4 cloves garlic, minced (approx 2 tbsp)*
- 1" piece ginger, minced (1 tbsp + 1 tsp)*
- 1 tbsp + 1 tsp Kitchen King (or garam masala)
- 2 tsp paprika
- 1 1/4 tsp ground cumin
- 3/4 tsp Kashmiri chili powder (or cayenne)
- 1/2 tsp sea salt, or to taste
- 2 1/2 cups crushed tomatoes
- 1 cup coconut cream

Note: For the garlic and ginger, it is best to make them into a paste so that they essentially melt into the sauce. Alternatively, you can use this Garlic-Ginger Paste instead.

To start the sauce, heat a large frypan or skillet over medium heat. Once hot, add the coconut oil, followed by the onions. Let the onions cook for 10 to 15 minutes, or until they start to brown and become translucent. At this point, add the garlic and ginger paste and continue to cook for another 5 minutes or so — adjusting the heat as necessary to ensure the garlic doesn't burn.

Next, add the spices and cook until fragrant — about 30 seconds or so.

Next, add the tomatoes and cream and let the mixture simmer for 10 minutes or so. Note that this sauce can be made ahead of time and/or it can be simmered on low heat for longer. If simmering for longer, the sauce will reduce and thicken as it cooks, so you may need to add a touch of water to thin it out.

While the sauce cooks preheat the oven to 450°F (230°C).

Step 3: Roasting the Cauliflower

Once the oven has reached the correct temperature — and the sauce is almost ready, place the cauliflower onto a parchment-lined baking tray and roast for approximately 10 to 20 minutes. The roasting time will depend on your oven and how big the cauliflower was cut.

When ready, the cauliflower should be golden brown and just cooked through.

Once done, remove the cauliflower from the oven while you finish the sauce.

Step 4: Finishing the Sauce

- 1/4 to 1/2 cup water, if needed

To finish the sauce, using a blender (or an immersion blender), blend the sauce until it is quite smooth. While this step is optional, it does add a nice smooth texture to the final dish.

If the sauce seems overly thick add a bit of water, as needed, to thin it out.

Keep the sauce at a low simmer until you are ready to finish and assemble the dish.

Step 5: Finishing the Dish

- 1 bunch fresh cilantro, roughly chopped
- 1/2 to 1 lemon, juiced

To finish the dish, add the cauliflower to the sauce, along with the cilantro and lemon juice — starting with half a lemon at first.

Alternative plating, the sauce can be finished with the cilantro and lemon juice and plated (or served in a large family-style bowl), and the cauliflower can be spooned on top and garnished with additional cilantro and lemon wedges.

Chef's Notes

For added protein, marinated tofu can also be added to the dish. To do this, marinate the tofu in the same spices as the cauliflower and then either fry or bake and add to the dish at the same time as the roasted cauliflower.

This dish also happens to be Vegan & Keto-Friendly.