

Central Market

✦ *Cooking School* ✦

Presents:

KETO  
FRIENDLY  
MEAL

## Keto Chicken Tikka Masala

Serves 4

For the chicken

- 1 lbs chicken thighs boneless & skinless
- 2 tbsp sour cream full fat
- 1 tbsp lemon juice & zest
- 1 clove of garlic crushed or minced
- 1/2 tsp turmeric
- 1/2 tsp ground cumin
- 1 tbsp paprika
- 1 tsp chilli flakes
- Salt and pepper

For the sauce

- 1 tsp coriander seeds
- 1/2 tsp mustard seeds
- 1/2 tsp cumin seeds
- 1 tsp ground cardamom pods
- 1 tbsp paprika
- 1/2 tsp garam masala
- 1 tsp curry powder
- 1 tbsp Ghee
- 1 15oz can of coconut milk
- 2 tbsp Tomato paste
- 1 Medium Onion finely chopped
- 1 thumb size piece of ginger finely chopped
- Salt & pepper to taste

Preheat your oven to 400 F (200 C)

Cut your chicken thighs into roughly equal pieces and transfer to a large bowl. Add to it your spices, sour cream, lemon juice, zest and garlic. Mix everything thoroughly until the chicken is perfectly coated. It is recommended that you let your chicken marinate for at least 1 hour before baking (or grilling)

Transfer your chicken into a baking sheet. Bake in your oven for 20 minutes. If it is sunny where you live, it is highly recommended that you grill your chicken on the BBQ.

While your chicken is baking, grab a large skillet large and warm up on medium heat. Melt your ghee in it and add to it your chopped onion, ginger, coriander seeds, mustard seeds and cumin seeds.



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Cook for 5 minutes and add your coconut milk and the rest of the spices (paprika, curry powder, ground cardamom pods, garam masala, salt and pepper).

Stir your sauce until your spices are combined and add your tomato paste. Stir again. Lower the heat and let it simmer for 15 minutes (or until the sauce thickens).

By now your chicken should be cooked. Remove from the oven and let it sit for 5 minutes.

Add your chicken to the sauce and gently stir. Turn off the heat and let it cook for 5 minutes in the residual heat.



## Quinoa with Sweet Sugar Snap Peas

Serves 6

1/2 pound sugar snap peas  
1 1/2 cups quinoa, rinsed and drained  
1/4 cup plus 1 tablespoon extra-virgin olive oil  
3 tablespoons white wine vinegar  
Salt and freshly ground pepper  
1/2 cup salted roasted pumpkin seeds  
1/2 cup minced chives

In a small saucepan of boiling salted water, simmer the peas until bright green and crisp-tender, about 1 minute. Drain and spread out on a large plate to cool, then pat dry. Cut the peas on the diagonal into 1-inch pieces.

In a small saucepan, combine the quinoa with 2 cups of water and bring to a boil. Cover and cook over low heat until all of the water has evaporated and the quinoa is tender, about 15 minutes. Uncover and fluff the quinoa, then transfer to a large bowl and let cool to room temperature.

In a bowl, combine the oil and vinegar and season with salt and pepper. Add the peas to the quinoa with the pumpkin seeds, chives and dressing; stir. Season with salt and pepper and serve at room temperature or lightly chilled.



## Keto Southern Squash Casserole

Servings 8

4 tablespoons butter or ghee  
6 cups diced yellow squash  
½ cup diced onion  
3 eggs  
1 cup heavy whipping cream  
1 teaspoon Himalayan sea salt  
½ teaspoon black pepper  
¼ teaspoon ground nutmeg  
¼ teaspoon cayenne pepper  
¼ cup grated parmesan cheese

Preheat oven to 350 degrees F

In a skillet, melt butter or ghee over medium heat until pan is hot

Add squash and onion and saute until just tender.

Place the squash mixture evenly into the bottom of of a 9"x 13" glass dish

In a mixing bowl combine the rest of the ingredients except for the grated parmesan cheese, mix well. Pour the mixture over the squash.

Top with the grated Parmesan cheese

Bake for approximately 45 minutes until cheese is browned and casserole is set. Time will vary depending on how hot your oven runs.

Let set for 10-15 minutes.

Serve either warm or at room temperature.

### Recipe Notes

This casserole can be made ahead of time and refrigerated for a quick and easy weekday side. You can also add in some chopped bacon and/or spicy crumbled sausage to make it a satisfying main course. For a side dish, this squash casserole will serve 12. But if you are planning on serving it as a main dish with added pork or turkey sausage, it will probably only serve 8. Of course this is all dependant on just how hungry you are!



**Pecan Softies with Sea Salt and Dark Chocolate**

Makes 10 portions

- 1/2 cup almond flour.
- 1 cup pecan halves.
- 1 1/2 tablespoons butter, melted.
- 1 teaspoon baking powder.
- 1/4 cup SugarLeaf® (SweetLeaf SugarLeaf is a premium blend of SweetLeaf Stevia® and cane sugar)
- 1/2 teaspoon sea salt.
- 1 large egg white.
- 1 ounce dark chocolate, melted for drizzle

Heat oven to 350F and line a cookie sheet with parchment paper.

Integrate the dry active ingredients in a mixer or food mill and pulse up until the pecans are a coarse ground. Include the butter, egg, and salt white into the mixer and pulse a couple of times to integrate.

The cookie dough must like damp and feel still chunky however sticky.

Utilizing a spoon or little scoop, part out 10 rounded cookie dough balls onto the parchment. Flatten the tops of the balls till you have uniformly round, flat cookies.

Bake for 15 minutes or up until the edges start to brown.

Melt the chocolate by positioning in a microwave safe bowl for 45 seconds. Stop it every 15-20 seconds to stir.

Drizzle each cookie with chocolate and sprinkle with additional sea salt.

