

Vertex AI Gemini API

Using Gemini Pro - Text only model

AI Chef

What cuisine do you desire?

Indian



Do you have any dietary preferences?

Keto



Enter your food allergy:

Enter your first ingredient:

ground beef

Enter your second ingredient:

tikka masalla

Enter your third ingredient:

pasta

Wine selection?

- ☐ Red
- ☐ White
- ☒ None

Generate my recipes.

Recipes Prompt

Your recipes:

Indian Keto Recipes for Customers with Allergies

Here are some Indian Keto meal recommendations that are free of common allergens:

Keto Chicken Tikka Masala

Preparation :

1. Marinate bite-sized chicken pieces in a mixture of tikka masala paste, Greek yogurt, and lemon juice for at least 30 minutes.
2. Sauté chopped onions and bell peppers in ghee or coconut oil until softened.
3. Add the marinated chicken and cook until browned.
4. Stir in heavy cream, tomato paste, and spices (adjust to taste).
5. Simmer for 15-20 minutes, or until the sauce thickens.
6. Garnish with fresh cilantro and serve with cauliflower rice .

Time to prepare: 45 minutes

Wine Pairing: None (this dish is flavorful on its own)

Calories: Approximately 450 per serving

Nutritional Facts: High in protein and fat, moderate in carbohydrates, low in sugar.

Keto Palak Paneer

Preparation:

1. Sauté chopped spinach and paneer (Indian cottage cheese) in ghee or coconut oil until softened.
2. Add a mixture of chopped tomatoes, onions, and garlic.
3. Stir in heavy cream, spices (cumin, coriander, garam masala), and a pinch of salt.
4. Simmer for 10-15 minutes, or until the sauce thickens.
5. Garnish with fresh cilantro and serve with a side of roasted cauliflower or broccoli.

Time to prepare: 30 minutes

Wine Pairing : None (this dish is flavorful on its own)

Calories: Approximately 350 per serving

Nutritional Facts: High in protein and fat, moderate in carbohydrates, low in sugar.

Keto Rogan Josh

Preparation:

1. Marinate lamb pieces in a mixture of yogurt, ginger-garlic paste, lemon juice, and spices (cumin, coriander, garam masala) for at least 2 hours.
2. Sauté chopped onions and tomatoes in ghee or coconut oil until softened.
3. Add the marinated lamb and cook until browned.
4. Stir in water or bone broth, cover, and simmer for 1-2 hours, or until the lamb is tender.
5. Garnish with fresh cilantro and serve with a side of cauliflower rice or roasted vegetables.

Time to prepare: 2 hours 30 minutes

Wine Pairing: None (this dish is flavorful on its own)

**** Calories:**** Approximately 400 per serving

Nutritional Facts: High in protein and fat, moderate in carbohydrates, low in sugar.

These are just a few ideas to get you started. There are many other delicious Indian Keto recipes available online and in cookbooks.

Please note: These recipes are provided as a guide and may need to be adjusted based on individual dietary needs and preferences. It is always important to consult with a healthcare professional before making any major changes to your diet.