

## Keto-Friendly Indian Recipes

### 1. Keto Tikka Masala Beef Pasta

**Preparation Time:** 45 minutes

#### Ingredients:

- 1 pound ground beef
- 1 jar tikka masala sauce
- 1 cup spiralized zucchini pasta
- 1/4 cup heavy cream
- 1 tablespoon ghee
- Salt and pepper to taste

#### Instructions:

1. **Cook the beef:** Brown the ground beef in a skillet over medium-high heat. Drain off any excess grease.
2. **Prepare the sauce:** Add the tikka masala sauce to the skillet with the beef and simmer for 5 minutes.
3. **Add pasta:** Stir in the spiralized zucchini pasta and heavy cream. Heat through for a few minutes.
4. **Finish with ghee:** Drizzle with melted ghee and season with salt and pepper.

#### Nutritional Information:

- **Calories:** Approximately 450-500 calories per serving
- **Nutritional Facts:** High in protein, moderate in fat, low in carbohydrates.

### 2. Keto Beef Tikka Skewers with Cauliflower Rice

**Preparation Time:** 30 minutes

#### Ingredients:

- 1 pound ground beef
- 1/2 cup Greek yogurt
- 2 tablespoons lemon juice
- 1 tablespoon tikka masala spice blend

- 1 head cauliflower, riced
- 1/4 cup melted butter
- Salt and pepper to taste

### Instructions:

1. **Make the beef mixture:** Combine ground beef, Greek yogurt, lemon juice, and tikka masala spice blend in a bowl. Mix well.
2. **Form skewers:** Shape the beef mixture into small kebabs and grill or pan-fry until cooked through.
3. **Prepare cauliflower rice:** Steam or microwave the cauliflower rice until tender.
4. **Serve:** Serve the beef skewers with cauliflower rice, drizzled with melted butter and seasoned with salt and pepper.

### Nutritional Information:

- **Calories:** Approximately 350-400 calories per serving
- **Nutritional Facts:** High in protein, moderate in fat, low in carbohydrates.

**Note:** These recipes are designed to be low in carbohydrates while still providing a satisfying meal. Adjust the serving sizes and ingredients as needed to fit your dietary preferences.