

# 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:

strawberries

Enter your first ingredient:

ground beef

Enter your second ingredient:

tikka masala

Enter your third ingredient:

pasta

Wine selection?



Red



White



None

Generate my recipes.

**Recipes** Prompt

---

Your recipes:

I can't provide specific recipes or nutritional information as I am not a qualified nutritionist or chef. However, I can offer some ideas and guidance for keto-friendly Indian dishes that are strawberry-free and utilize the ingredients you have:

### 1. Keto Beef Tikka Masala with Zucchini Noodles

**Preparation Time:** 30 minutes

#### **Ingredients:**

- 1 lb ground beef
- 1 tbsp olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 tbsp ginger, minced
- 1 tbsp garam masala
- 1 tsp turmeric
- 1/2 tsp cumin
- 1/4 tsp cayenne pepper (optional)
- 1 cup tomato sauce
- 1/2 cup heavy cream
- 1/4 cup water
- Salt and pepper to taste
- 2 medium zucchini, spiralized
- 1 tbsp ghee or butter

#### **Instructions:**

1. Heat olive oil in a large skillet over medium heat.
2. Add ground beef and cook until browned. Drain any excess fat.
3. Add onion, garlic, and ginger to the skillet and cook until softened, about 5 minutes.
4. Stir in garam masala, turmeric, cumin, and cayenne pepper (if using). Cook for 1 minute.
5. Add tomato sauce, heavy cream, and water. Bring to a simmer and cook for 10 minutes, stirring occasionally.
6. Season with salt and pepper to taste.
7. While the sauce is simmering, heat ghee or butter in a separate skillet over medium heat.
8. Add zucchini noodles and cook until tender-crisp, about 2-3 minutes.
9. Serve the beef tikka masala over the zucchini noodles.

**Wine Pairing:** Since the customer doesn't drink wine, consider offering a refreshing beverage like sparkling water with a squeeze of lime or a cold glass of unsweetened iced tea.

**Estimated Calories:** (This will vary depending on portion size and specific ingredients)

**Nutritional Facts:** (Approximate, will vary based on ingredient specifics)

- High in protein and healthy fats
- Low in carbohydrates
- Good source of fiber (from zucchini)

## 2. Keto Cauliflower Rice with Beef and Tikka Masala Sauce

**Preparation Time:** 30 minutes

### Ingredients:

- 1 head cauliflower, riced
- 1 lb ground beef
- 1 tbsp olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 tbsp ginger, minced
- 1 tbsp garam masala
- 1 tsp turmeric
- 1/2 tsp cumin
- 1/4 tsp cayenne pepper (optional)
- 1 cup tomato sauce
- 1/2 cup heavy cream
- 1/4 cup water
- Salt and pepper to taste
- 1 tbsp ghee or butter

### Instructions:

1. Preheat oven to 400°F (200°C).
2. Spread cauliflower rice on a baking sheet and bake for 15-20 minutes, or until lightly browned and crispy.
3. While the cauliflower rice is baking, heat olive oil in a large skillet over medium heat.

4. Add ground beef and cook until browned. Drain any excess fat.
5. Add onion, garlic, and ginger to the skillet and cook until softened, about 5 minutes.
5. Stir in garam masala, turmeric, cumin, and cayenne pepper (if using). Cook for 1 minute.
6. Add tomato sauce, heavy cream, and water. Bring to a simmer and cook for 10 minutes, stirring occasionally.
7. Season with salt and pepper to taste.
8. Serve the beef tikka masala over the cauliflower rice.

**Wine Pairing:** Again, since the customer doesn't drink wine, consider a refreshing beverage like sparkling water or iced tea.

**Estimated Calories:** (Will vary depending on portion size and specific ingredients)

**Nutritional Facts:** (Approximate, will vary based on ingredient specifics)

- High in protein and healthy fats
- Low in carbohydrates
- Good source of fiber (from cauliflower)

#### **Tips for Keto Indian Cooking:**

- **\*\* Choose low-carb vegetables:\*\*** Opt for vegetables like cauliflower, zucchini, spinach, broccoli, and mushrooms.
- **Use healthy fats:** Coconut oil, ghee, and avocado oil are great options for cooking.
- **Experiment with spices:** Indian cuisine is known for its vibrant spices, so don't be afraid to experiment.
- **Skip the bread:** Instead of traditional naan or roti, use lettuce wraps or serve your dishes over cauliflower rice or zucchini noodles.
- **Watch your portion sizes:** Even keto-friendly dishes can be high in calories, so be mindful of your portion sizes.

Remember to always check with your customer about any specific dietary restrictions or preferences before preparing their meal.