

Vegetable Korma with Optional Chicken (Heavy Cream Version)

Ingredients for Korma:

- ¼ cup ghee, coconut oil, or neutral oil
- 2 tsp black mustard seeds
- 1 finely chopped onion (yellow or red)
- 1 tsp ginger paste
- 1 tsp garlic paste
- 3 Thai green chiles, sliced
- 2 tsp coarsely ground black pepper
- 1½ tsp sea salt
- ¾ tsp Kashmiri chili powder (optional)
- ½ tsp turmeric
- 3 chopped Roma tomatoes (optional)
- 2 tbsp cashew butter
- 1 lb frozen/fresh vegetables (cauliflower, peas, etc.)
- **1 cup heavy cream** (instead of coconut milk)
- Garam masala and cilantro for garnish

For Chicken Marinade (Optional):

- 1 lb boneless chicken thighs or breasts
- ½ cup nonfat yogurt
- 1-2 tbsp heavy cream (optional)
- 1 tsp garlic paste
- 1 tsp ginger paste
- ½ tsp turmeric

- 1 tsp chili powder
- 1 tsp salt
- Optional: ½ tsp garam masala

Instructions:

Step 1: Prepare Chicken (Optional)

1. Marinate chicken with yogurt, cream, garlic, ginger, turmeric, chili powder, and salt for at least 30 minutes (or up to 8 hours).
2. Sear marinated chicken in a pan over medium heat for 5-7 minutes until golden. Set aside.

Step 2: Cook Korma

1. Heat ghee/oil and fry mustard seeds until they pop.
2. Add onion, ginger, garlic, and chiles; sauté until onions are translucent.
3. Stir in pepper, salt, chili powder, and turmeric. Add tomatoes and cashew butter. Simmer.
4. Add frozen vegetables and **1 cup heavy cream**. Cook for 8-10 minutes until tender.

Step 3: Combine Chicken (Optional)

1. Add seared chicken to the simmering korma sauce and cook for another 10-12 minutes or until chicken is fully cooked.

Step 4: Serve

Garnish with garam masala and cilantro. Serve with rice or naan.