



Vegan "Butter Chicken" Sauce

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- 2 TABLESPOONS COCONUT OIL
- 1 TABLESPOON GARAM MASALA
- 1 TEASPOON MINCED GINGER
- 1/2 TEASPOON CHILLI POWDER
- 1/2 TEASPOON GROUND BLACK PEPPER
- 1 TEASPOON CURRY POWDER
- 1 SMALL BROWN ONION - DICED
- 1/2 TEASPOON SEA SALT
- 1X 400ML TIN COCONUT MILK
- 800ML ALMOND MILK
- 4 TABLESPOONS TOMATO PASTE
- 1 TABLESPOON LIME JUICE

- IN A LARGE SAUCEPAN SAUTE ONIONS IN COCONUT OIL.
- ADD SPICES. COOK FOR 1 MINUTE UNTIL FRAGRANT.
- ADD ALL OTHER INGREDIENTS AND BRING TO THE BOIL.
- SIMMER FOR 15 MINUTES THEN ALLOW TO COOL.
- ONCE COOLED, BLITZ IN A FOOD PROCESSOR. .

NOTES:

- IDEAL AS A SAUCE TO HAVE WITH CHICKEN, TOFU OR WITH CANNELINI BEANS.
- STORE IN THE FRIDGE FOR 3 TO 5 DAYS, OR IN THE FREEZER.

NUTRITION INFORMATION

HEALTH BENEFITS OF A VEGAN MEAL OPTION

- GENERALLY MORE CONDUCTIVE TO A WHOLEFOODS DIET
- REDUCED CALORIE INTAKE WHILST PROMOTING INTAKE OF DIETARY NUTRIENTS. BE MINDFUL OF THE BIOAVAILABILITY (AS PER PREVIOUS VIDEOS). YOU WILL NEED TO INCREASE YOUR CONSUMPTION BY AT LEAST 25%
- CAN ASSIST TO LOWER BLOOD GLUCOSE
- PROMOTES ANTI-INFLAMMATORY AS THE MAJORITY OF THE INGREDIENTS PROMOTE THIS AFFECT ON THE BODY.