

Red Curry Sauce - A tried and true healthier version of the traditional red curry sauce. Less than 10-ingredients, gluten-free, dairy-free, keto, and paleo-friendly.

Ingredients

- 1 can unsweetened coconut milk
- 2 Tbsp red curry paste
- 2 Tbsp nutritional yeast
- 2 Tbsp curry powder
- 2 scoops collagen peptides (optional but helps to thicken sauce)
- 2 tsp (heaping) organic white miso paste
- 1 Tbsp liquid aminos
- 1 Tbsp minced fresh ginger
- 1 tsp pure maple syrup
- Juice of ½ lime

Directions

1. Prepare the curry sauce by adding all ingredients into a blender or nutribullet and blend until the mixture is in a sauce form. *If you do not have a blender, you can sub fresh ginger for ginger powder so that the sauce is smooth and consistent in texture.
2. At this point, taste the sauce and see if it needs more umami (miso paste/liquid aminos), cheesy (nutritional yeast), bitter (lime juice), spice (curry paste/powder), or salt.
3. Pour sauce into a small saucepan and heat on medium heat. Stir sauce until the sauce is about to boil and turn the heat off. Make sure you are constantly stirring so as to not burn the sauce.
4. As the sauce cools down, it will thicken. Collagen helps to thicken the sauce so if you are adding more collagen, make sure the sauce is hot enough for the collagen to blend well so that you don't get clumps!
5. If you are making a meal like chicken curry with rice and vegetables, heat the sauce into the cooking veggies if using a skillet to do this. If not, serve over anything and everything!
6. Store in an airtight container for at least two weeks in the refrigerator.

Notes:

Products that were used in the curry sauce: [coconut milk](#), [curry paste](#), [collagen peptides](#), [nutritional yeast](#), [white miso paste](#), [curry powder](#), [maple syrup](#), [liquid aminos](#).