



Veggie Tikka Masala

with Cauliflower & Chickpeas



30-40min



2 Servings

Tikka masala is among the United Kingdom's most popular dishes. It's traditionally a tomato and cream based sauce with ginger, garlic, onions, and spices like garam masala. This vegetarian version features tender florets of cauliflower simmered in a rich tomato base with peas, chickpeas, coconut milk, and curry spice. We top it all off with fresh cilantro for a cool finish.

What we send

- 5 oz jasmine rice
- coconut milk powder ^{7,15}
- garlic (use 2 large cloves)
- 1 oz fresh ginger
- 1½ lbs cauliflower
- 1 can whole tomatoes
- 1 can chickpeas
- curry powder (use 3½ tsp)
- 2½ oz peas
- ¼ oz fresh cilantro

What you need

- kosher salt & pepper
- butter ⁷
- olive oil
- sugar

Tools

- small saucepan
- fine-mesh sieve
- medium Dutch oven or pot

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Milk (7), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 910kcal, Fat 39g, Carbs 121g, Proteins 27g



1. Cook rice

In a small saucepan, combine **rice** with **1¼ cups water** and **½ teaspoon salt**. Bring to a boil, then cover and cook over low until rice is tender and liquid is absorbed, about 17 minutes. Remove from heat and keep covered until ready to serve.



2. Prep ingredients

Meanwhile, in a liquid measuring cup, combine **¾ cup hot water** and **coconut milk powder**, stirring until smooth. Peel and finely chop **2 teaspoons garlic** and **1 tablespoon ginger**. Trim stem ends from **cauliflower**, then cut crowns into 1-inch florets. Cut **tomatoes** in the can with kitchen shears until finely chopped. Drain and rinse **chickpeas**.



3. Sauté cauliflower

Heat **1 tablespoon each butter and oil** in a medium Dutch oven or pot over medium-high. Add **cauliflower** and **a pinch each of salt and pepper**. Sauté, stirring occasionally, until browned in spots, about 5 minutes. Transfer cauliflower to a plate.



4. Start tikka masala

Add **garlic, ginger, chickpeas, 3½ teaspoons of the curry powder**, and **1 tablespoon butter** to pot over medium-high. Cook, stirring, until fragrant, about 30 seconds. Add **tomatoes, 1 teaspoon sugar**, and **a pinch each of salt and pepper**. Bring to a simmer and continue to cook until sauce is thickened, about 3 minutes.



5. Add vegetables & simmer

Add **cauliflower** and **coconut milk** to pot, and bring to a simmer over medium-high. Cook, stirring occasionally, until cauliflower is tender, about 5 minutes. Stir in **peas** and **2 tablespoons butter**, then simmer until peas are bright green and tender, and sauce is thickened, about 3 minutes. Season to taste with **salt and pepper**.



6. Finish & serve

Coarsely chop **cilantro leaves and tender stems** together. Stir **half of the cilantro** into **tikka masala**. Fluff **rice** with a fork. Serve **veggie tikka masala** spooned over **rice** with **remaining cilantro** sprinkled on top. Enjoy!