



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
- $\frac{3}{4}$ oz coconut milk powder^{7,15}
- garlic
- 1 oz fresh ginger
- 1 head cauliflower
- 14½ oz can whole peeled tomatoes
- 15 oz can chickpeas
- $\frac{1}{4}$ oz curry powder
- 2½ oz peas
- $\frac{1}{4}$ oz fresh cilantro

What you need

- kosher salt & ground pepper
- 4 Tbsp butter⁷
- olive oil
- sugar

Tools

- small saucepan
- medium Dutch oven or pot

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 870kcal, Fat 41g, Carbs 142g, Protein 34g



1. Cook rice

In a small saucepan, combine **rice**, **1¼ cups water**, and **½ teaspoon salt**. Bring to a boil over high heat, 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 **coconut milk powder** and **$\frac{2}{3}$ cup hot water**, stirring until dissolved; set aside until step 5. Finely chop **2 teaspoons garlic** and **1 tablespoon peeled ginger**. Trim stem ends from **cauliflower**, then cut crowns into 1-inch florets. Cut **tomatoes** in can with kitchen shears until finely chopped. Drain and rinse **chickpeas**.



3. Sauté cauliflower

Heat **1 tablespoon each of 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, all of the curry powder**, and **1 tablespoon butter** to pot over medium-high. Cook, stirring, until fragrant, about 30 seconds. Add **tomatoes and juices, 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**. 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**. 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!