

Paneer & Cauliflower Tikka Masala

with Aromatic Basmati Rice

Indian cuisine knows a thing or two about satisfying vegetarian dishes, and this is certainly one of them! Soft cubes of paneer cheese and tender cauliflower florets are simmered to perfection in a rich, tomato-based masala sauce. Serve it over a fluffy bed of seasoned rice, top with torn cilantro, and enjoy!

Ingredients

- Paneer cheese **M**
- Cauliflower florets
- Tikka masala spice 🌶️
- Indian soffrito **M**
- Greek yogurt **M**
- Garam masala basmati rice
- Cilantro

Allergens

M Milk

Supplies to Gather

- Nonstick saute pan with a lid (10 inches or larger)
- Kitchen knife & cutting board
- Microwave-safe bowl
- Kitchen tongs
- Cooking spoon
- Paper towels
- Salt & pepper
- Cooking oil

Did You Know?

Garam masala translates to a “hot” (*garam*) mixture of “spices” (*masala*). It is commonly used in Indian and Pakistani cuisines and typically includes: black and white peppercorns, cloves, cinnamon, nutmeg, mace, cardamom, bay leaf, and cumin.



660

Calories
Per Serving



Vegetarian
Favorite



Mild

1 Let's Get Started!



Rinse your fresh produce
Gently pat dry



Chef's Tip!

Taste test the **tikka masala spice** before adding it in **Step 3** and adjust to your spice preference. Remember that the spice's heat and flavor will intensify as it cooks.



Step 2

- Place a nonstick saute pan onto the stovetop, add 2-3 tbsp. of cooking oil, and set the heat to **medium**. When the oil is hot, **carefully** place the **paneer cheese** into the pan. Cook for 3 min, turning the pieces occasionally, so they develop a uniform, golden-brown color.



Step 3

- Trim down any large **cauliflower florets** into smaller pieces.
- Add the cauliflower florets to the saute pan, then cover with a lid. Cook for 3-4 min, lifting the lid to stir occasionally. Add additional cooking oil to the pan as needed.
- Add the **tikka masala spice** (see **Chef's Tip**). Stir to evenly coat the cauliflower and **paneer cheese** in the spice. Cook for 1 min to toast the spices.



Step 4

- Add 2-3 **tbsp. of water**, using a spoon to scrape up any tasty bits stuck in the pan.
- Stir in the **Indian soffrito** and bring to a simmer. Cook for 4 min, or until the sauce begins to caramelize along the edge of the pan, stirring occasionally. **Turn off the heat**. Stir the **Greek yogurt** into the sauce, and season with salt and pepper to taste.



Step 5

- Place the **garam masala basmati rice** into a microwave-safe bowl, cover with a damp paper towel, and microwave for 90 sec. Stir, then microwave for 1 additional min.



Let's Plate! 6

Divide the rice between serving plates. Spoon the cauliflower and paneer tikka masala over the rice. Garnish with freshly torn **cilantro** as desired.

Please Note: When adding ingredients to a hot pan always be careful of any oil splatter. Cooking times may vary due to different appliances and temperatures.