If this is your first foray into Indian food, don’t let the unfamiliar spices intimidate you. India has been trading spices for over 2,000 years, so they know what they’re doing. We’ve combined a few classics for this dish: perfectly soft paneer cheese, garam masala-spiced basmati rice, and cauliflower sautéed in a warm blend of spices.

**Ingredients**
- Paneer cheese
- Cauliflower florets
- Garam masala basmati rice
- Indian sofrito
- Greek yogurt
- Tikka masala spice
- Cilantro

**Allergens**
- Milk

**Supplies to Gather**
- Nonstick sauté pan with a lid (10 inches or larger)
- Kitchen tongs
- Cooking spoon
- Microwave-safe bowl
- Salt & pepper
- Paper towels
- Cooking oil

**Nutritional Information**
- Calories: 520
- Global Flavor: Medium
• 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, using tongs to turn the pieces, so they develop a uniform, golden-brown color.

• Break apart any large cauliflower florets into smaller pieces.

• Add the cauliflower florets to the pan, and cover the pan with a lid. Cook for 3-4 min, lifting the lid to stir occasionally. Add additional cooking oil into the pan as needed.

• Add the tikka masala spice into the pan. Stir together to evenly coat the cauliflower florets and paneer cheese in the spice. Cook for 1 min to toast the spices.

• Add 2-3 tbsp. of water into the pan, using a spoon to scrape up any tasty bits stuck in the pan.

• Pour the Indian soffrito into the pan. Stir together and bring to a simmer. Cook for 4 min, stirring occasionally, or until the sauce begins to caramelize along the edges of the pan. Turn off the heat, stir the Greek yogurt into the sauce, and season with salt and pepper to taste.

• Place the garam masala basmati rice into a microwave-safe bowl. Cover the bowl with a damp paper towel and microwave for 90 sec. Then stir and microwave for 1 additional min.

• Divide the garam masala basmati rice between the serving plates. Spoon the cauliflower and paneer tikka masala over the rice. Garnish with cilantro as desired.

Chef’s Tip!
Taste test the tikka masala spice before adding into the pan and adjust to your spice preference. Remember that the spice’s heat and flavor will intensify as it cooks.

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.

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