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
- Cauliflower florets
- Tikka masala spice
- Indian soffrito
- Greek yogurt
- Garam masala basmati rice
- Cilantro

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

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 sauté 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 sauté 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 sofrito and bring to a simmer. Cook for 4 min, or until the sauce begins to caramelise 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.

Step 6
- Divide the rice between serving plates. Spoon the cauliflower and paneer tikka masala over the rice. Garnish with freshly torn cilantro as desired.