Supplies to Gather
• Nonstick saute pan with a lid (10 inches or larger)
• Kitchen tongs
• Cooking spoon
• Microwave-safe bowl

Ingredients
• Paneer cheese
• Cauliflower florets
• Garam masala basmati rice
• Indian soffrito
• Greek yogurt
• Tikka masala spice
• Cilantro

Allergens
M Milk

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.
Let's Plate!

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

Step 1

• 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, using tongs to turn the pieces, so they develop a uniform, golden-brown color.

Step 2

• Break apart 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.

• 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, stirring occasionally, or until the sauce begins to caramelize along the edge of the pan. Turn off the heat, stir the Greek yogurt into the sauce, and season with salt and pepper to taste.

Step 3

• 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 4

Chef’s Tip!

Taste test the tikka masala spice before adding it in Step 2 and adjust to your spice preference. Remember that the spice’s heat and flavor will intensify as it cooks.

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.

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