



Tofu tikka masala

with brown basmati rice



Make this dish within 5 days of receiving your meal kit



Cooking equipment: large pot
small pot



Pantry items needed: vegetable oil,
unsweetened plant-based milk,
tomato paste, agave/brown sugar



Hands-on: 35-40 minutes
Ready in: 40-45 minutes



Serves: 2 or 4

A total classic in the UK, tikka masala is a curry-house favourite. Our version sees spicy marinated tofu baked and combined with a lush creamy sauce. Full of protein, fibre and healthy fats this is a perfect balanced dinner.

NO ADDED GLUTEN | CALORIE SMART | HIGH PROTEIN | Spicy (mild), Great for leftovers, Freezer friendly

Before you start

Read through the recipe and give your fresh produce a wash.

Ingredients

	2 serves	4 serves
Lemon	100g (half)	100g
Firm tofu	1 packet	2 packets
Vegetable oil*, divided	1½ tbsp	3 tbsp
Tikka marinade	1 packet	1 packet
Unsweetened plant-based milk*, divided	110ml	220ml
Brown basmati rice	1 packet	1 packet
Water for rice*	1 cup + 2 tbsp	2 cup + 2 tbsp
Brown onion	100g	200g
Ginger	15g	30g
Garlic	6g	12g
Coriander	10g	20g
Tomato	150g	300g
Tikka masala spice	1 packet	1 packet
Tomato paste*	2½ tbsp	5 tbsp
Water for curry*	3 tbsp	6 tbsp
Fenugreek seasoning	1 packet	1 packet
Agave syrup / brown sugar (optional)*	½ tsp	1 tsp

* Pantry items

Allergens and ingredients

Allergens: soy.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

Instructions

1. Marinate tofu

Preheat oven grill to high and line a baking tray. Pat **tofu** dry with paper towel and tear **tofu** into bite-sized pieces. In a large pot over low-medium heat, add a portion of **vegetable oil*** (**1/2 tbsp for 2 serves and 1 tbsp for 4 serves**). When hot, add **tikka marinade** and cook, stirring until fragrant, about **1 minute**. Transfer to a large bowl.

Juice **lemon** (**1/2 for 2 serves and 1 for 4 serves**). To bowl, add **tikka marinade**, **half the lemon juice**, and a portion of the **plant-based milk*** (**2 tbsp for 2 serves and 4 tbsp for 4 serves**) and stir together. Add **tofu** and gently coat. Allow to marinate for at least **10 minutes** or up to **1 hour**.

2. Cook rice

Rinse **rice** through a sieve until the water runs clear. In a small pot, add **rice** and **water for rice*** and bring to a boil. Reduce to a simmer and cook, covered, until the **water** has absorbed and **rice** is tender, about **15 minutes**. When cooked, remove from the heat and keep covered until ready to serve.

3. Prepare vegetables

Finely dice **onion**. Finely grate **ginger**. Mince **garlic**. Pick **coriander** leaves and finely chop stems. Finely dice **tomato**.

4. Cook tofu

Add **tofu** along with **marinade** to prepared baking tray, spreading out in an even layer. Place on the top rack in the oven and grill until lightly charred on top, about **10 minutes**, turning over tofu pieces halfway through.

5. Cook curry

Using the large pot over medium-low heat, add remaining **vegetable oil*** and **onion** and sauté until softened and golden, about **5 minutes**. Add **ginger**, **garlic**, **coriander stems**, **tikka masala spice**, and **tomato paste*** and cook, stirring, for **1 minute**. Add **tomato** and **water for curry*** and simmer for **5 minutes**.

Add remaining **plant-based milk*** and cook for **2 minutes**. Add **tofu**, **fenugreek seasoning**, **agave syrup / brown sugar** and remaining **lemon juice**, stir to coat and cook for **2 minutes**.

5. Serve

Serve **tofu tikka masala** and **rice** onto plates and garnish with **coriander leaves**.

Eat your way
to healthy!



Tofu is a good source of protein and contains all nine essential amino acids your body needs. Surprisingly, it provides more protein per calorie than beef. It is also a source of iron, manganese, potassium, calcium, selenium, phosphorous, magnesium, copper, zinc and vitamin B1.

Tofu has been linked to health benefits such as better heart health, lower levels of 'bad' cholesterol, better bone health, lower risk of colorectal and prostate cancer, better skin and better memory and brain health.

Nutritional information*

	Per 550g serve	Per 100g
Energy	1986kJ (475Cal)	361kJ (86Cal)
Protein	34.6g	6.3g
Fat, total	21.4g	3.9g
- Saturated	4.3g	0.8g
Carbohydrate	31g	6g
- Sugars	7g	1g
Sodium	697mg	127mg

* Nutritional information is based on averages