



Tofu tikka masala

with golden 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
Organic firm tofu	1 packet	1 packet
Vegetable oil*, divided	1½ tbsp	3 tbsp
Tikka marinade	9g	18g
Salt*	½ tsp	1 tsp
Unsweetened plant-based milk*, divided	110ml	220ml
Basmati rice	165g	330g
Water, divided*	375ml	750ml
Brown onion	90g	180g
Ginger	15g	30g
Garlic	4g	8g
Coriander	10g	20g
Tomato	150g	300g
Tikka masala spice	2g	4g
Tomato paste*	2½ tbsp	5 tbsp
Fenugreek seasoning	1g	2g
Agave syrup / brown sugar (optional)*	½ tsp	1 tsp

* Pantry items

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*** (**½ tbsp for 2 serves and 1 tbsp for 4 serves**). When hot, add **tikka marinade** and **salt*** and cook, stirring until fragrant, about **1 minute**. Transfer to a large bowl.

Juice **lemon** (**½ 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*** (**1 cup + 2tbsp for 2 serves and 2¼ cups for 4 serves**) and bring to a boil. Reduce to a simmer and cook, covered, until the **water** has absorbed and **rice** is tender, about **12 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*** (**3 tbsp for 2 serves and 6 tbsp for 4 serves**) 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**.

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.

Nutritional information*

	Per 550g serve	Per 100g
Energy	2747kJ (657Cal)	499kJ (120Cal)
Protein	36.9g	6.7g
Fat, total	18.4g	3.3g
- Saturated	3.0g	0.5g
Carbohydrate	77.8g	14.1g
- Sugars	7.5g	1.4g
Sodium	542mg	99.1mg

* Nutritional information is based on averages