



Lunch Recipe: Cauliflower Tikka Masala

Part 1

- 1 whole cauliflower (cut into pieces)
- 1 cup of yogurt
- 1 tbsp of lemon juice
- 2 tbsp of Life is a Recipe® Tikka Masala Part 1
- 2 tsp of salt

Part 2

- 1 tbsp minced fresh ginger
- 1 tbsp ghee
- 1 clove of garlic (chopped)
- 1-3 serrano (finely chopped)
- 2 tomatoes (chopped)
- $\frac{3}{4}$ cup of coconut milk
- 1 tsp of salt
- 2 tsp of Life is a Recipe® Tikka Masala Part 2
- $\frac{1}{4}$ cup chopped fresh cilantro
- *add more salt to taste.

Instructions

1. In a large bowl, combine yogurt, lemon juice, 2 teaspoons of salt, and 2 tablespoons of Tikka Masala Part 1.
2. Stir in cauliflower, cover with plastic wrap and refrigerate for 1 hour.
3. Preheat the oven to 350 degrees. Lightly oil the pan. Bake for about 15 minutes.
4. Melt ghee in a large skillet on medium heat. Sauté garlic, ginger, and serrano chili for 1 minute then add chopped tomatoes.

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5. Cover with lid and allow tomatoes to cook.
 6. Add 2 teaspoons of Tikka Masala Part 2 and ½ teaspoon of salt.
 7. Add the cauliflower to the mixture and stir.
 8. Next, add ¾ cup of coconut milk.
 9. Add more salt to taste.
 10. Reduce to simmer for 10 minutes for juice to vaporize and garnish with cilantro.
 11. Serve on a bed of rice.