

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)

¾ cup of coconut milk

1 tsp of salt

2 tsp of Life is a Recipe® Tikka Masala Part 2

¼ 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.

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.