



Tofu Tikka Masala

with Carrots and Garlic Rice

35 Minutes



Tofu
1 | 2



Basmati Rice
¾ cup | 1 ½ cups



Carrot
1 | 2



Baby Spinach
28 g | 56 g



Garlic, cloves
1 | 2



Tikka Sauce
½ cup | 1 cup



Curry Paste
2 tbsp | 4 tbsp



Garlic Salt
1 tsp | 2 tsp



Cream
56 ml | 113 ml

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Oil, salt, pepper

Cooking utensils | Vegetable peeler, measuring spoons, medium pot, measuring cups, large non-stick pan, paper towels

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

1



Make garlic rice

- Before starting, wash and dry all produce.
- Peel, then mince or grate **garlic**.
- Heat a medium pot over medium heat.
- When the pot is hot, add **½ tbsp** (1 tbsp) **oil**, then **rice** and **garlic**. Cook, stirring often, until fragrant, 2-3 min.
- Add **1 ¼ cups** (2 ½ cups) **water** and **half the garlic salt**. Bring to a boil over high.
- Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.

2



Prep

- Meanwhile, peel, then halve **carrot** lengthwise. Cut into ¼-inch half-moons.
- Roughly chop **spinach**.

3



Cook carrots

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **½ cup** (¾ cup) **water**, then **carrots**. Cook, stirring often, until **water** is absorbed and **carrots** are tender-crisp, 5-6 min.
- Season with **salt** and **pepper**, to taste, then transfer to a plate.

4



Start tofu

- Pat **tofu** dry with paper towels.
- Cut into 1-inch pieces. Season with **remaining garlic salt** and **pepper**.
- Reheat the same pan over medium.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **tofu**. Cook until golden-brown, 2-3 min per side.

5



Make sauce and finish tofu

- Add **curry paste** to the pan with **tofu**. Cook, stirring often, until fragrant, 30 sec.
- Reduce heat to medium-low, then add **tikka sauce**, **cream** and **¼ cup** (½ cup) **water**. Cook, stirring occasionally, until **sauce** thickens slightly, 5-7 min.
- Add **carrots** and **spinach**. Season with **salt** and **pepper**, then stir until **spinach** wilts, 1-2 min.

6



Finish and serve

- Fluff **garlic rice** with a fork.
- Divide **rice** between plates. Top with **tofu**, **veggies** and **sauce**.



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