

Quorn® Tikka Masala

with spiced cauliflower and peas with rice

A lightly spiced rich tikka and coconut sauce, with tender pieces of Quorn, spinach and chick peas.

VEGGIE
REBEL

Ingredients



Serves
4

Marinade

300g Quorn pieces, defrosted
2 x 15ml spoons tikka paste
2 x 5ml spoons ground cumin
2 x 5ml spoons ground coriander
2 x 5ml spoons turmeric
1 x 15ml spoon tomato puree
3 cloves garlic

Sauce

2 x 15ml spoons vegetable oil
2 onions
200ml reduced fat tinned coconut milk
200ml reduced salt vegetable stock
1 x tin 400g chick peas, drained
200g spinach (fresh or frozen)
1 x 15ml spoon fresh coriander leaves
300g brown rice

Spiced cauliflower and peas

340g cauliflower
1 x 5ml vegetable oil
2 x 5ml spoons dried chilli flakes
2 x 5ml spoons cumin seeds
2 x 5ml spoons turmeric
340g frozen peas

Equipment



Scales
Measuring spoon
Measuring jug
Garlic press
Mixing bowl and spoon
Chopping board
Measuring spoons
Sharp knife
Large saucepan for curry
Large saucepan with lid for rice
Sieve
Large frying pan with lid
Wooden spoon



Allergen information

Celery, Mustard, Eggs
May contain: Tree nuts, Peanuts



Nutrition per serving

Calories	Fat	Sat. Fat	Sugars	Salt
674	17g	4.5g	15g	1g
kcal	LOW	LOW	LOW	LOW

4 of your
5-a-day



Low in
Sat Fat



Low in
Sugars



Low in
Salt



High in
Fibre



Source of
Protein



Carbon Footprint

Main meal

0.73

Side dish

0.09

kg CO₂e per portion

2.8

Average daily CO₂ emissions
per person (from food)

Method

1. Place the Quorn pieces into a large mixing bowl.
2. Add the tikka paste, spices and tomato puree.
3. Crush the garlic and add to the bowl.
4. Stir well until the Quorn pieces are covered in the marinade.
5. Peel and chop the onions.
6. Heat the oil in a large saucepan and add the onions. Cook gently for 3 – 4 minutes until beginning to soften.
7. Add the Quorn mixture to the pan and cook for 4 – 5 minutes, stirring continuously.
8. Pour in the coconut milk and vegetable stock. Bring to the boil and then reduce the heat to a simmer (gently bubbling), stirring occasionally.
9. After 10 minutes add the chick peas and spinach and continue to simmer for a further 5 minutes. If using fresh spinach it will look like a large amount but it will soon wilt down into the sauce.

For the rice

1. Bring a large pan of water to the boil. Use a lid to speed up the process.
2. Add the rice, stir, and bring back to the boil. Half cover with a lid and cook according to pack instructions.
3. At the end of the cooking time, drain the rice through a sieve.

For the spiced cauliflower and peas

1. Cut the cauliflower into bite sized florets.
2. Heat the oil in a frying pan.
3. Add the spices and stir for 30 seconds to cook them out.
4. Add the cauliflower and fry for 4-5 minutes, stirring. If it is starting to brown, turn down the heat.
5. Add the peas, lower the heat and cover with a lid for 3- 4 minutes or until the cauliflower is just soft – test with a sharp knife, if it goes in easily, the cauliflower is cooked.

To serve

1. Divide the rice between 4 plates.
2. Divide the Tikka between the plates and garnish with the coriander leaves.
3. Serve the spiced cauliflower and peas in a bowl for everyone to help themselves or put a portion onto each plate.

Skills used

Measuring, Chopping, boiling, simmering, frying, draining.

Top tips

- Use defrosted Quorn pieces so that they soak up the flavours from the marinade. Defrost the Quorn pieces in the fridge overnight.
- To ensure the cauliflower cooks all at the same time, cut the florets into even sized pieces.
- Brown rice takes a little longer to cook than white rice but it's worth it for the nutty flavour and extra fibre.
- Try adding other pulses instead of chick peas to the curry such as tinned lentils or borlotti beans.
- As an alternative try adding broccoli or butternut squash to the curry. Remember to cut it into bite sized pieces.

Prepare now, eat later

- You can prepare the Quorn in the marinade up to 24 hours before cooking the curry. Cover the bowl and keep refrigerated until ready to cook.
- Chill any leftover curry and use within 24 hours. Reheat until piping hot.
- Try turning left over curry into a Bombay pie (see [Reinvention Test](#)).
- The curry can be frozen. When defrosting allow enough time to defrost in the fridge, ideally overnight, then reheat until piping hot.
- Chill any leftover spiced cauliflower and use within 24 hours. It is delicious eaten hot or cold. If reheating, either stir fry or microwave until piping hot.
- Any leftover rice should be chilled within an hour and kept in a covered container in the fridge for up to 24 hours. It can be eaten cold, made into a salad or reheated. If reheating, it is important to check that it is piping hot all the way through.