



Tikka Masala

SERVES: 3-4

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Enjoy this mildly spiced curry with wholegrain rice or wholemeal chapati.

Ingredients

Curry:

1 onion, diced
1 yellow pepper, chopped
1 courgette, chopped
½ cauliflower, cut into small florets
1 tin chickpeas
1 tin chopped tomatoes
Olive oil, for frying
½ jar tikka massala paste
Fresh coriander (optional)

To serve:

Whole grain rice or wholemeal chapati
Plant based yogurt (optional)

Directions

1. Fry onion in olive oil till soft.
2. Add the vegetables and curry paste, fry till beginning to soften.
3. Add chickpeas and tomatoes, mix well. Leave to cook with a lid on until all the vegetables are tender.
4. Garnish with fresh coriander and serve with brown rice or wholemeal chapatis.

Notes

- You can add a dollop of plant based yogurt.
- If you like a more intense flavor, use a full jar of tikka masala paste.

