

Easy And Tasty Vegetarian Tofu Tikka Masala
RECIPE

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TIME 30 min
INGREDIENTS 5 items
MAKES 4 servings

A simple but delicious dish that will have your guests reaching for more

INGREDIENTS

- 2 tablespoons extra virgin olive oil or ghee
- 200g, sliced 1/8-inch sweet potato
- 1 onion, sliced
- 200g drained firm tofu, cubed ½-inch (approx.)
- 225g SEEDS OF CHANGE® Organic Tikka Masala Indian Sauce
- SEEDS OF CHANGE® Organic Wholegrain Rice & Quinoa with a Hint of Garlic 240g

INSTRUCTIONS

1. Heat olive oil in a frying pan over medium heat.
2. Add sweet potatoes, onion, and cubed tofu.
3. Cover and cook, stirring occasionally, until sweet potatoes are slightly tender (6 to 8 minutes).
4. Add SEEDS OF CHANGE® Organic Tikka Masala Indian Sauce; continue cooking, stirring occasionally, until heated through (4 to 5 minutes).
5. Heat SEEDS OF CHANGE® Organic Wholegrain Rice & Quinoa with a Hint of Garlic according to package directions.
6. Serve warm rice on plate and top with sauce mixture.
7. Garnish with spring onions and parsley.

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