



TOFU TIKKA MASALA

This recipe has been a favourite in my house for many years. The time you allow the sauce to simmer really gives this curry a fantastic depth of flavour and, combined with the marinated tofu pieces, makes this tofu tikka masala recipe a guaranteed crowd pleaser. It's an ideal dish to serve up with freshly cooked onion bhajis or fluffy, warm naan breads that are excellent for mopping up every last drop of tikka masala sauce.

Prep **2 hour**
Cook **1 hour**
Serve **3-4 people**

INGREDIENTS

MARINADE

- 400g Firm Plain Tofu - cut into bitesize pieces
- 125ml Natural Coconut Yoghurt
- 3 Tbsp Mango Chutney
- 2 tsp Ground Turmeric
- 2 tsp Ground Cumin

TO SERVE

- White Basmati Rice - cooked
- Onion Bhajis or Naan Bread
- Mango Chutney
- Fresh Coriander - chopped
- ½ Lime - chopped

SAUCE

- 2 Tbsp Olive Oil
- 1 Small Brown Onion - chopped
- 4 Cloves Garlic - minced
- 2 Tbsp Fresh Ginger - grated
- 5 tsp Tikka Masala Spice Mix
- 2 tsp Garam Masala
- ½ tsp Fine Sea Salt
- 1 Tbsp Tomato Purée
- 1 Tbsp Mango Chutney
- 400g tin Chopped Tomatoes
- 400ml tin Coconut Milk
- 75ml Water

METHOD

Begin by combining all the marinade ingredients, apart from the tofu, in a large bowl. Now stir in the tofu until well coated, cover, and refrigerate for 2 hours. You can also leave the marinade mix to refrigerate overnight.

Place a large saucepan over medium-high heat and coat it with the olive oil. Add the chopped onion, stirring regularly, and cook until golden and translucent. Reduce heat to medium and add the garlic, ginger, tikka masala spice mix, garam masala, and sea salt to the onions, stirring consistently for 1 minute. Now stir in the tomato purée, mango chutney, chopped tomatoes, coconut milk, and water until well combined. Partially cover the pan, reduce the heat to medium-low, and leave it to gently simmer for 25 minutes, making sure to stir the sauce occasionally.

While this is cooking, transfer your marinated tofu cubes to a baking sheet lined with parchment paper. Cook these in a pre-heated oven set to 180°C for 15 minutes. The edges of the tofu should be slightly browned. Add these now to the sauce, cover the pan, and continue to simmer on a medium-low heat for 25–30 minutes until the sauce has thickened and is darker in colour.

Serve with fluffy white basmati rice, onion bhajis or naan breads, a dollop of mango chutney, chopped fresh coriander, and a splash of lime juice.