

QUORNTM TIKKA
MASALA



Time: 30 minutes

Serves: 4

QUORN™ TIKKA MASALA

I originally used to make this with a firm tofu ([this brand](#), available at Waitrose, Asda, Sainsburys & Tesco in the chilled section), and would recommend using tofu - particularly if you find that Quorn™ products do not suit you. I chose Quorn™ as it has a slightly firmer texture than tofu and it provides a bit of variety for my family.

Quorn™ is also known as mycoprotein. It is a fungus, like a mushroom.

In this recipe card I include marinating the Quorn™ pieces, but I often leave this step out during hectic weekday meals.

Some Quorn™ varieties include egg in their ingredients, so this is the Quorn™ I have used (available at [Asda](#) and [Sainsburys](#)).



QUORN™ TIKKA MASALA

INGREDIENTS

Wholegrains

serve with wholegrain rice
or wholegrain chapatti

Marinade for Quorn™

4 tblsp	unsweetened soya yogurt
1/2 tsp	grated fresh ginger
1/2 tsp	grated/minced garlic
1/4 tsp	chilli powder (or to taste)
1/2 tsp	garam masala
1/4 tsp	salt
1/4 tsp	turmeric powder

Fruit & Veg (Masala Sauce)

2	Onions (medium)
3	Tomatoes (medium)
1 tsp	Fresh, grated ginger
3-4cloves	Minced/grated garlic

Spices for Tikka Masala Sauce

1 tsp	Garam masala
1/2 tsp	Chilli powder
1/4 tsp	Turmeric powder
1/2 tsp	salt (or to taste)
pinch	black pepper
1/2 tsp	dried fenugreek (methi) leaves

Oil

2 tblsp	Olive oil
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Other

300 mls Plant milk (eg. soya or almond).
This provides a creaminess.
Alternatively you can use water.

METHOD

Marinate the Quorn™ pieces

1. Defrost the Quorn™ pieces in the microwave.
2. Meanwhile, in a bowl mix the soya yogurt with grated ginger, garlic, garam masala, chilli powder, turmeric powder and salt
3. Coat the defrosted Quorn™ chunks.
4. You can either marinate this (whilst cooking the rest of the dish, or however long you have). Alternatively, cook immediately as follows.
5. Heat a tablespoon of olive oil in a pan until it is hot and glides like water when the pan is tilted.
6. Add cubes of marinated Quorn™, turning occasionally until the pieces are bronzed.
7. Set aside and make the tikka masala sauce.

Make the Tikka Masala Sauce

1. Blend the tomatoes & onion in a blender until smooth. If using a hand blender you can blend the cashews together here too, but I often find that they are missed in a large blender.
2. If not using a hand blender, crush cashew nuts to a powder either in a pestle and mortar or a coffee grinder, and add these to your tomato onion purée. Set aside.
3. Heat 1 tablespoon olive oil in a pan with cardamom pods and bay leaf until sizzling.
4. Add in your tomato, onion and cashew purée. The oil and tomato may spatter so take care.
5. Stir and allow the sauce to reduce on a low/medium heat so that it is bubbling gently. **NOTE:** This sauce will spatter whilst cooking, and can cause hot sauce to spit out of the pan. I recommend (1) using a much deeper pan than you need, and (2) placing a lid at an angle so that moisture can escape, but the lid acts as a shield from the hot spatter.



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METHOD

Tikka Masala Sauce (contd.)

6. Reduce the sauce until it is a paste. It will change in colour to become more orange. Additionally, if you move it with a spatula, it will stay in place unlike a liquid. Ensure you stir periodically to avoid it sticking or burning.
7. Once it has become a paste, add the garam masala, chilli powder, turmeric powder, salt & pepper and stir for 30 seconds to a minute.
8. Add plant milk to create a gravy-like consistency.
9. Crumble in the fenugreek leaves.
10. Add the Quorn pieces and simmer for 5 minutes.

Plate up and enjoy!

