

## Cauliflower Tikka Masala



Servings:

**6**

Prep Time:

**10 minutes**

Cook Time:

**50 minutes**

### Ingredients

- 1 Cauliflower
- 2 tbsp Olive Oil
- ½ tsp Salt
- ½ tsp Garlic Powder
- 2 Shallots, diced
- 3 Garlic Cloves, minced
- 2 tsp Ginger, chopped
- 3-4 tsp Curry Powder
- 2 tsp Chili Powder
- 2 tsp Turmeric
- 1 tsp Paprika
- 1 tsp Cumin
- 1 tsp Salt
- 2 tbsp Tomato Paste
- 28 oz Crushed Tomatoes (1 can)

### Method of Preparation

#### Step 1

Preheat oven to 400°F. Slice cauliflower into florets.

Place cauliflower onto sheet pan and drizzle with olive oil, salt and garlic powder. Toss to mix. Bake for 30 minutes until tender.

#### Step 2

Meanwhile, add oil to a pan and cook shallots. Add garlic and ginger to pan and cook until fragrant.

#### Step 3

Add spices, crushed tomatoes and tomato paste. Simmer for 5 minutes.

#### Step 4

Add coconut milk and simmer for an additional 10 minutes.

#### Step 5

Stir in cauliflower and butter and let simmer.

Serve over rice and garnish with fresh lime juice.

- 1 cup **Coconut Milk**
- 2 tbsp **Butter (or Vegan Butter)**
- Optional **Lime for Garnish**
- 3 cups **Cooked Rice**

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