**Vegetable tikka masala with** **basmati rice**

**Ingredients**

**For the roasted, marinated vegetables and spices**

60g Paneer (Indian cheese)

5g grated ginger

1 large clove garlic

2 tbsp sunflower oil

2tbsp water, to help make the spice paste

Half tsp each of turmeric, cumin, smoked paprika, coriander

Third of a tsp chilli paste

Half a red onion

3-4 new potatoes

100g cauliflower

**For the sauce**

1 tsp honey

Quarter of a lime

100ml coconut milk

1 dessertspoon (about 25ml) soured cream

75g tinned chopped tomatoes

50g frozen peas

coriander or mint for top

**For the rice**

100g Basmati rice, cooked by your teacher for you to take home packed separately

**Method**

1. Cut the paneer into cubes, brush with a little vegetable oil and scatter with a little salt. Roast at 175C for 18 mins, turning halfway through so that it browns on all sides
2. Crush the garlic into your bowl and add 2 tbsp vegetable oil.
3. Grate in the ginger
4. Mix in the cumin, smoked paprika and ground coriander and stir in the chilli paste, if using
5. Chop your half onion finely, as shown, and stir it into the spice mixture
6. Cut the cauliflower into small florets, and cut each potato into three. Stir these into your spice mixture
7. Tip into your take-home labelled aluminium tray and roast at 175C for 20 minutes
8. Whilst these are cooking, weigh out the coconut milk and chopped tomatoes, turmeric, honey, soured cream and peas into the same bowl you made the spice marinade in (no need to wash the bowl)
9. Squeeze in the lime
10. Once the potatoes etc have cooked, carefully stir in the coconut milk mixture and put the container back in the oven for another 25 minutes
11. Once cooked and cooled, top with some fresh coriander and mint leaves
12. Pack safely in your container, with the basmati rice cooked by your teacher packed separately